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HIGH TIMES

August 487

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HIGH TIMES AUGUST



At the stroke of midnight, B-Real lit up and Cypress Hill took the stage at the Ogden Theater in Denver, ushering in our national stoner holiday. A potent musical lineup had already primed the crowd for 4/20. Action Bronson had stoked it. Chronixx & Zincfence Redemption had elevated it. And George Clinton, as always, whipped up a smoke storm of Mile High-powered funk!

—Rocky Mountain 420, page 86

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High Times' yearly 420 celebration kicked off in San Bernardino with the top strains in America competing for the 2016 US Cannabis Cup & Carnival. *By Emily Cegielski*

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Increase your harvest by 20 percent or more. Learn horticultural techniques for both indoor and outdoor gardens—including FIM-ing, super-cropping and trellising. *By Nico Escondido*

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Frustrated by high pot prices? Don't like what's available? Maybe it's time to start growing your own personal garden. *By Dan Skye*

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Eighteen months after High Times staged its last Cannabis Cup in Amsterdam, we return to the

Netherlands and ask the burning question: How legal is Dutch weed really? *By Graham Dockery*

86 Rocky Mountain 420

In Denver, Cypress Hill rang in 420 at the toke of midnight. Find out which buds took home prizes at the High Times Colorado Cup.

93 How Dylan Turned On the Beatles

In this excerpt from his new book *How to Smoke Pot (Properly)*, David Bienenstock discusses the "headquetter" for getting someone high for the first time—and his case study just happens to involve a handful of musical legends.

99 The High Times Interview: Wiz Khalifa

We catch up with the hip-hop superstar to get the lowdown on his smoking habits, what he listens to when high, and why his life is so good. *By Drew Millard*



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@A_DamnSqueeze - @HIGH_TIMES_Mag majority of politicians are in the closet with their marijuana issues. My boy Barry hasn't lived up to his pro pot stance

@martooner - @HIGH_TIMES_Mag I caught the Red Eye from Denver to Seattle at 3 in the afternoon. #marijuanahealth #comedy #humorjokes.

@keithmack1 - @HIGH_TIMES_Mag ignorance is the Gateway drug

@lotuslocstudio - @HIGH_TIMES_Mag maybe if @realDonaldTrump was on drugs he'd actually be legit. Nah, who am I kidding. #FeelTheBern

@dondreak - @HIGH_TIMES_Mag How could something so beautiful be illegal?

@Delta9Dabber - @HIGH_TIMES_Mag Hey I just bought my subscription to your mag today! Got my first edition and it's incredible, there was so much information

@mike420kush - @HIGH_TIMES_Mag One time I was so high that I chowed down on 2 containers of canned tuna like it was manna from Heaven.

@MikeSyphard - @HIGH_TIMES_Mag thanks THC for clearing up my mind so I can sleep

@mikebranc - @HIGH_TIMES_Mag THIS JUST IN: I'm baked out of my skull!

@Wake_in_Bake420 - @HIGH_TIMES_Mag sitting on the front porch smoking out while its raining....PRICELESS

@HowieUjr - @HIGH_TIMES_Mag I think Tommy Chong is going to live forever. Weed is good for humans

@LovelyBones313 - @HIGH_TIMES_Mag I personally feel that some people drive better while stoned. It eliminates my road rage, and helps keep me calm xoxo

Sullivan cites nature as inspiration.



► Glass Artist of the Month: Chaiah Sullivan

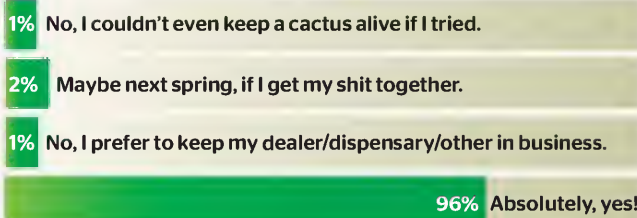
At the age of 14 Chaiah Sullivan picked up a torch and instantly fell in love. For five years it was just a hobby. He first apprenticed at a soft glass, hot shop studio in 2007. Then in 2010, following intensive instruction from top artists in the industry he ventured forth as a pro, experimenting with many different styles and techniques.

In 2013, Chaiah created a realistic, unique cactus design and ran with it. Since then, his glass fame has only grown. He's done several collaborations with different artists and even one with the cactus master himself, Darby Holm.

"I'm known for my cacti," he says. "I'm strongly influenced by the beauty and elegance of nature."

POT POLL

Would You Grow Pot If It Was Legal in Your State?



Warm weather opens up a whole new world for stoners—we all know that there's nothing better than getting baked in the sun. And if you have a green thumb, then you're probably excited to take it to the next level by breaking out the gardening tools and starting your own crop.

Of course, unless you live in a legal state or aren't afraid to take some risks, then you're probably not cultivating cannabis... But we asked our online readers: What if you could? Would you grow pot if it was legal in your state?

And it turns out that yes, yes you would. With over 5,000 votes, an overwhelming majority said "Absolutely, yes!" Only 60 respondents admitted they had no green thumb, with 93 people saying "Maybe next spring." **Cast your vote in our latest poll online!**

► Residents of Medical States Choose Vapes and Edibles Over Smoking

Researchers in Lebanon, NH used survey data from Facebook and Qualtrics, an online survey platform, to find out that people living in states with medical marijuana laws smoke less pot, and instead choose to vaporize or eat it instead. This may seem obvious to the average High Times reader, but policy makers need published information to see that people choose healthier options over smoking when marijuana gets legalized.



► Mr. Spliff Is Back!

High Times' original Mr. Spliff character has graced T-shirts and hoodies in years past, but now he's back and this time, he's updated and on your phone. That's right, he's one of many new High Times emojis!

Last year, High Times teamed up with a new app called YourMojito to bring you a set of the dankest emojis, stickers and GIFs your smartphone has ever seen, and our latest rollout has reintroduced Mr. Spliff, along with a brand new Mary Jane pot leaf character.


Download YourMojito from the App Store or Google Play, add High Times to your favorite categories and start texting!



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The Ultimate Prize

One of the oldest arguments for legalization goes like this: “If alcohol and cigarettes are legal, marijuana should be too.” And on the surface, that makes perfect sense. We *should* be allowed to ingest whatever substances we want, without fear of prosecution, as long as we don’t harm others. But I’ve never liked the comparison. Booze and tobacco are categorically harmful: They cause disease and death.

And so we ask ourselves every day: How can the government persist in its refusal to recognize the mountain of evidence—now at Himalayan proportions—that cannabis can benefit society’s health and stability? And how can our elected leaders stand by and allow Americans to suffer persecution and prosecution for their choice of medicine or recreational substance?

After all, the government *has* recognized the serious harm caused by cigarettes and, as a result, prohibited tobacco advertising. There was a time when hard-liquor ads were banned, too. (Of course, those days are over, and booze ads are everywhere.) So it’s not as if politicians are unaware of the problems—and yet these substances remain widely available.

Frankly, that kind of official hypocrisy is what keeps *High Times* going. Idiocy and stubbornness on this scale motivate us each month to champion cannabis even more vociferously.

Every voice is needed now. In this issue, rap superstar Wiz Khalifa adds his to the cacophony of shout-outs for legalization. The heroic advocacy group Patients Out of Time makes the case for all who desperately need cannabis for medicinal use. Plus, in “Growing Solo,” we guide beginners in their quest to start their own personal gardens. Growing cannabis is the ultimate act of defiance in the face of oppressive pot laws.

We have a lot of fun in the pages of *High Times*, but we never lose sight of the ultimate prize: freedom for the plant, and freedom for ourselves. So keep the pressure on, everyone! Each day we’re getting closer.

Dan Skye
Editor-in-chief

HIGH TIMES

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Vexed Veteran

It seems the US government has no concern for its disabled veterans ["Shame on America," June '16]. I am one, and I tested positive for marijuana one time. For that, the VA quickly stopped my pain medications. I've had very positive results from the pain-relieving effects of smoking marijuana, and I feel left behind. These laws should have been changed years ago for a plant that is a natural and very helpful medication for many people. Thanks for your fight to help get the laws changed, and for keeping people informed of marijuana's positive benefits.

Gary

Woof!

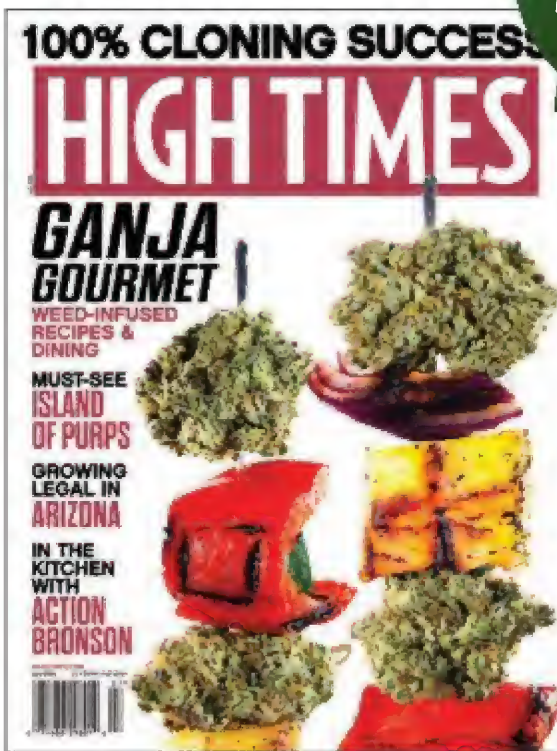
I have a happy, healthy 14-year-old Lab/Chow mix. He has no health issues besides old age and a little bit of arthritis. He can see and hear well. He suffered from heartworms a long time ago and recovered well. This dog has been smoking since he was young. I blow it in his nose. He doesn't fight me, and he lets me know when he wants it. He also lets me know when he's done. Every time I take him for his checkup, the vet is always surprised at how healthy he is. Today the vet told me that he still has the teeth of a young dog. His heart sounds good and his eyes look good. No, this may not be for every pet. But mine is a good example of how marijuana doesn't hurt them.

Amber W.

While it's not advisable to get your pet high on THC, some folks are turning to medical-marijuana treatments for their furry loved ones. CBD-rich tinctures and treats can medicate animals suffering from anxiety, joint pain, seizures and more. Check out "Creature Comforts" by Mary Jane Gibson in our May 2016 issue.

Marijuana Mess in Montana

Not only are our "red state" politicians limiting access to medical cannabis through our State Supreme Court, but we have two petitions that will most likely appear on this November's ballot. One is to legalize cannabis for recreational use, and the other is to make cannabis illegal and align our state with federal laws. We voted for medical cannabis by an astounding 62 to 38 percent in 2004, but now some wealthy businessmen are putting up big money to have it repealed by labeling their cause "Safe



Our state could possibly legalize cannabis and make it illegal at the same time!

Montana." But the point of this is that our state could possibly legalize cannabis and make it illegal at the same time! Which bill would trump the other? What a conundrum we have here!

Matt O.

Love From Uruguay

It's great to see your magazine doing such great work spreading the weed news all over the planet. We can only dream about what you guys have accomplished in the US. We are inspired by what is going on in your country.

Daniel Marx
Uruguay

Indoor vs. Outdoor: The Debate Continues

I thought it may be constructive to be in touch regarding the critique included in the "Indoor vs. Outdoor" issue [May '16] of the peer-reviewed research I published back in 2012 estimating the energy use associated with indoor grows. The two notes by your science editor, Sirius J, contain several serious errors of fact and misrepresentations of the referenced study. Details aside, it would be useful for *High Times* to meet the energy question with proactive curiosity and a desire to pinpoint best practices regarding

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energy and the environment.

Clearly much more needs to be done, and

whether more research validated my exact findings or found the numbers too low or too high, even by a large amount, the qualitative implications would be the same: This is an under-attended issue that deserves more attention.

Meanwhile, nothing provided in the *High Times* articles support the editorial statement that the original analysis is "wildly inflated," and in four years there have been no substantive critiques of the analysis. Without debating what portion of production goes to medical versus recreational use, the sad fact (in lieu of new analysis) is that the US uses twice as much electricity and spends six times as much money on power bills for indoor cannabis as for all other pharmaceuticals combined. Aside from what the numbers do or don't say, it's not constructive to deflect attention away from

one legitimate problem to an ostensibly bigger one. There is no single cause of climate change, and thus no single solution. We need to seek emissions reductions anywhere and everywhere we can. It is not a zero-sum situation. Cannabis is a rare "sector" where energy efficiency and climate pollution have, sadly, never been a serious focus; it is, arguably, four decades behind the rest of the economy when it comes to getting smart about energy-using technology.

Many are waiting to see an industry more forthcoming about its carbon footprint, and one that signals more interest in managing it and raising consumer awareness. *High Times* has a unique opportunity to become part of that process. To imply that the problem sits solely with the energy companies (and the fuels they choose to make electricity) surely addresses only half the problem. Meanwhile, it is incumbent upon the trade press to carefully read their source documents and perform the fact-checking and verification of manufacturers' product claims that readers expect.

Evan Mills, PhD
Energy and climate-change analyst,
Energy Associates

Read Evan Mills's full letter online at hightimes.com, as well as science editor Sirius J's response.

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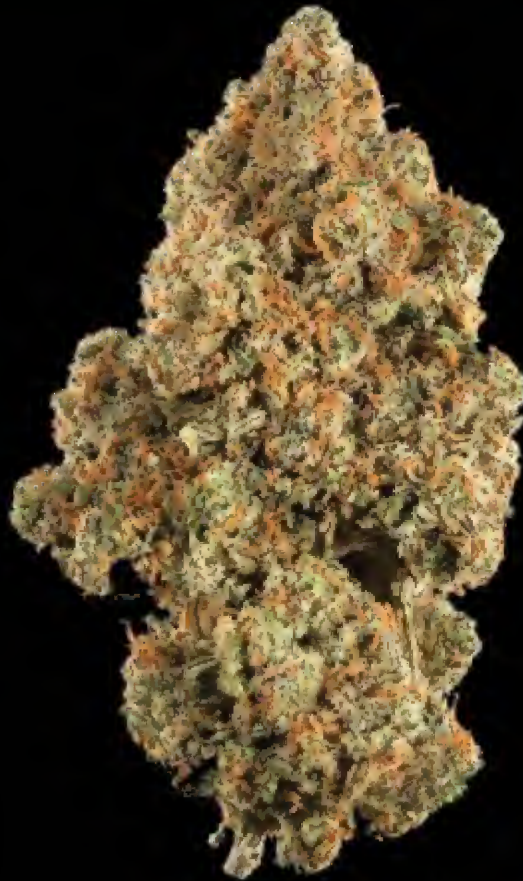
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High**

WE BERN'D THESE BUDS Southern California's finest marijuana strains were on display at the U.S. Cannabis Cup in San Bernardino for High Times' pre-420 celebration. Read more about the awesome event, and see more of the winning champions in "You Must Be This High to Ride" starting on page 45. *Photos by Lochfoot*



GHOST TRAIN HAZE #13
(Phresh Cannabis Oregon)



KOSHER JACK
(Karma Squad with The Kind Center, Van Nuys)



ROZÉ
(3rd Gen Family with Dying Breed Seeds and TerpHogz)



BIG NASTY KUSH
(Phresh Cannabis Oregon)



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(New Amsterdam Naturals)



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TOCI
(Brown Dog Cannabis)





August 2016 *High Times*

MONSTER TRUCKLOAD Harvest time can require some ingenuity to get your plants from the field to your drying racks. This vehicle is filled with Humboldt Seed Organization's Sapphire Scout bred by Ras at Humboldt Seed Organization. *Photo by #BioVortex of @teamHSO*

15

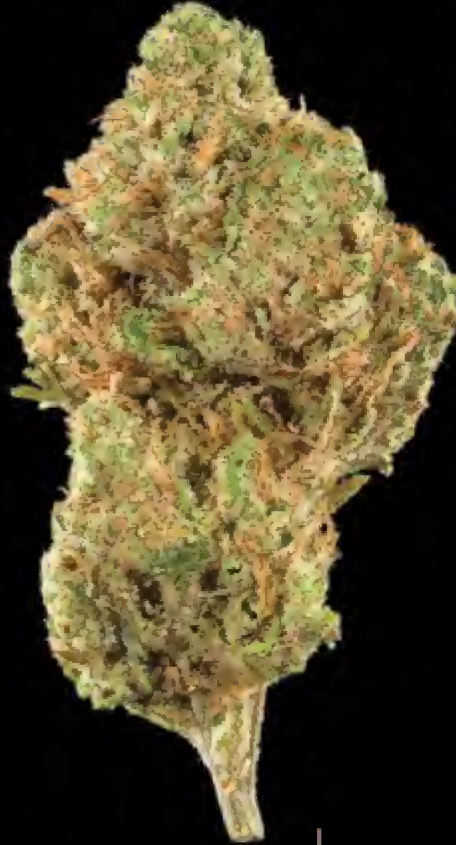
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COLORADO BUDS Feast your eyes on a few of the finest marijuana strains in the world! These are just some of the flower winners of the 2016 High Times Colorado Cannabis Cup. For more coverage of our illustrious event, turn to page 86. *Photos by Lochfoot*



GHOST TRAIN HAZE
(Green Man Cannabis - Downtown)



BOB SAGET
(Natural Remedies/Organic Greens LLC)



J-WALKER
(MMJ America Boulder & The Vault Genetics)



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They're fiercely aware of what's right and wrong, speak their minds and take no prisoners.

They look at life differently, society can't pigeon hole them or put them in box, and they see things where others don't.

Their ideas are sometimes out on the fringe, the ragged edge. They have to be, because they're open to the possibilities and realities that change the world.

Some see them as a fish out of water, trouble makers and oddballs. We see them as gifted, profound and uniquely brilliant.

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Highwitness News

Whoopi takes her topicals to market.



Style
Roll & Blot
Dual purpose rolling papers help to eliminate shine . p.28



Entertainment
High Above
Tower brings its hard rock sound to the marijuana masses. p.32



The demand for medical cannabis continues to rise.

and safety of cannabis qua medicine. Attendees in Baltimore included MMJ patients suffering from chronic pain, seizure disorders, irritable bowel syndrome, and cancer; there were also physicians, nurses, other healthcare professionals and lawyers. The featured speakers included scientists, doctors, other patients, sympathetic law enforcement officials and survivors of the War on Drugs.

Educating the public on the health applications of cannabis is essential to ending prohibition on weed, which only makes sense, since the prohibition of cannabis was itself promoted by mass public misinformation. It is necessary to educate healthcare professionals as well.

“My challenge to a lot of the patients is to go back to your clinician or healthcare practitioner and ask them what they can tell you about the endocannabinoid system,” declared Patients president and nurse Mary Lynn Mathre. “If they don’t know or can’t explain it, I can tell them where you can get educated. If they don’t, go find another physician!”

Patients Out of Time has been raising awareness for two decades, and in 2014 it ramped up its conference series to meet every year “to respond to the dynamic changes in the realm of therapeutic cannabis,” such as the ever-expanding med-pot jurisdictions like newly liberated Pennsylvania.

Aside from the burgeoning patient-consumer base, there are also constant developments in medical science in general and the endocannabinoid system in particular that need to be made accessible to the public. In Baltimore, top researchers and practitioners in the field spoke on cannabis and brain science, pregnancy, skin applications, as well as on arcane topics like “pharmacovigilance” (staying on top of adverse effects of drug-related treatments), and on practical ones like “How to Talk to Your Budtender.” Almost all of the talks eventually circled back to the body’s

A Meeting of Minds & Medicine

Keeping up with the dynamic developments in medical marijuana research is a fulltime job. A Virginia advocacy group has been up to the task for over 20 years. *By Mike DiPaola*

When Patients Out of Time, an advocacy group dedicated to medical marijuana education and outreach, held its annual conference in Baltimore, MD, another event in the state to the north served to demonstrate why the group is so necessary. That same weekend, Pennsylvania legalized medical marijuana, thereby

opening up a new population of cannabis patients.

There are now 24 states, plus the District of Columbia, with medical marijuana laws—as well as another 17 states with CBD-only regulations—and so there is an ever-growing need to educate both patients and their doctors on the efficacy

« endogenous cannabinoid receptors. “The idea that there’s a physician today who doesn’t want to understand the most significant finding in the human body is wrong,” decried Mathre. “Almost every disease, you can trace back to the endocannabinoid system.”

Keeping track of the latest research on cannabinoids is full time work (on average, every day sees two more scientific publications on the subject), but even developments with other drugs have an impact on medical cannabis. Case in point: the Centers for Disease Control and Prevention released in March a rather urgent memorandum on the explosion of opioid use and addiction in the US. Cannabis is already being used to treat opioid addiction; soon it will replace, at least in part, the tons of opiates that are being prescribed incontinently by US doctors.

Raising awareness was not limited to healthcare issues. When Jeff Mizanskey, a Missouri man recently released from decades of prison for marijuana possession (see “A Crime of Justice,” January 2016), spoke, it was a somber reminder that our criminal justice system is also in dire need of repair.

Incredibly, Mizanskey has not grown

“The idea that there’s a physician today who doesn’t want to understand the most significant finding in the human body is wrong. Almost every disease, you can trace back to the endocannabinoid system.”

cynical about the injustice he’d endured. “I decided that if I came out all bitter like you see a lot of people do, it means they won. And I’m not going to let them win.”

The conference wasn’t all harsh news. Dr. Ethan Russo schooled the audience on terpenoids, especially pinene and limonene, which may be helpful for users who feel the psychoactive effects of THC more than they’d prefer. He even identified an ameliorative and nutritious antidote for the too-heroic dose: pesto linguine with pine nuts, with a glass of lemonade on the side. “The lemonade has to be made with the lemon rind,” he told me later, “not just the juice. The zest is the richest source of the limonene.”

The doctor explained that “the limonene brightens the mood and acts as an antidepressant—to lesser extent, an anti-anxiety agent.”

While the star of the weekend—the marijuana plant itself—has been lauded for the diverse benefits garnered from all

parts of the plant, leaves, stems, seeds and flowers, we often overlook the part of the plant underground. Nutritionist Natasha Ryz spoke on the medicinal applications for the roots which, although devoid of either CBD or THC, have been in use for many centuries—and still remain largely mysterious today.

As Pennsylvania has now joined the path to wellness, more people will be exposed to the reality that marijuana is not the demon weed they had been taught to believe. With each new population granted access to medicine comes more research.

More research leads, hopefully, to new applications for cannabis as medicine. The expanding knowledge base feeds the need for a group like Patients Out of Time to keep up with the explosion of information—for both patients and their healthcare providers.

In a way, the prohibitionists were right about one thing: marijuana is a gateway drug. A gateway to better health. 🌿

HIGH FIVE

Animal (Pot) Planet

Many animals have an endocannabinoid system, so they benefit from cannabis too. *By Mark Miller*



Dogs

Virtually every month, there’s a new story about cannabis saving a canine. In February, the Chi-Town Mommy Mayhem blog reported the story of Leah, a 7-year-old Great Dane with bone cancer. Leah was given the commercial product Canna Companion, a proprietary blend that offers phytocannabinoids and terpenes in capsule form. She went from barely walking to running around the yard and avoided amputation. Leah is also living longer than expected.



Birds

Hemp seeds provide protein and essential fatty acids for our feathered friends. Studies indicate they like the taste, and it bolsters their immune systems too. A UK “Feed the Birds” initiative in 2014 advocated spreading hemp and cannabis seeds over public land. The symbol of the campaign was the linnet, a type of finch whose scientific name is *Carduelis cannabina*, after its favorite seed! And a 2013 German study found that chickens fed a hemp-based diet laid healthier, omega-3-rich eggs.



Horses

Cannabis has been used to treat horse injuries since antiquity. Today there’s *Lame Away*, a commercially available non-psychoactive topical offering therapeutic relief from inflammation that traditional meds and other alternative therapies fail to provide. Meanwhile, the Plains Industrial Hemp company uses the soft inner core of the cannabis stalk to make its horse bedding, which has an absorbency six times its own weight, allowing horses more comfort in their stalls after urination.



Monkeys

SIV, the primate equivalent of HIV, causes a form of AIDS in the rhesus macaque, one of the world’s most numerous monkey species. In a 2014 study by Louisiana State University, researchers administered THC for 17 months to male rhesus macaques that were infected with SIV. The primates who received a twice-daily dose consistently had higher numbers of healthy cells. The THC also reduced viral load (SIV in the blood) and tissue inflammation.



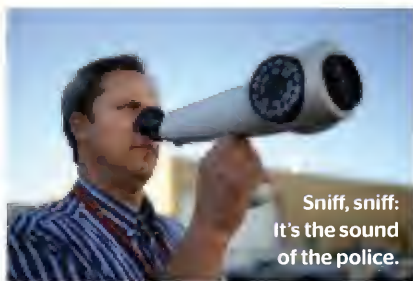
Cows

Swiss farmers previously fed their livestock beneficial and benign hemp fodder. But in 2005, the Federal Agriculture Office outlawed this practice, after a government study indicated that THC was being passed into dairy milk. However, that “research” involved feeding THC pills to the cows; it didn’t utilize the same low-THC hemp fodder actually given to the bovines. Individual farmers balked at the ban, reporting that cows fed with hemp fodder were healthier and produced more milk.

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Arresting Aroma

Denver officials are taking steps to reduce the odor of growing pot. The City Council's Safety & Well-being Committee advanced a measure containing changes to Denver's odor laws, regulated by the city's Department of Environmental Health (DEH).

The expanded ordinance would allow business owners and employees as well as residents to file formal objections to pot plant odors they detect. Five olfactory complaints must be filed against a particular cultivation site to trigger inspection and penalties. However, the new rules increase the time period during which the five necessary complaints can be accumulated to 30 days. It had been just 12 hours.

Pot > Wine, Bread and Milk

In 2015, Spokane County, WA sold more legal marijuana than traditional food staples bread and milk, based on figures from the Washington State Liquor and Cannabis Board and a poll of household expenses by the U.S. Census Bureau.

A total of \$43 million was spent on pot in Spokane County last year, which breaks down to \$226 per household. By contrast, the typical residence spent \$155 on milk and \$110 on bread. Buds even bested the county's wine consumption average of \$155 last year. Only beer topped pot, with a per-home average of \$233.

And there's no sign of pot purchases slowing down, as monthly sales in Spokane topped \$5 million for the first time in March 2016. At that pace, reefer retail in the county is projected to soon surpass revenues at bookstores, museums and even live concert venues according to the Washington Department of Revenue.

MILE HIGHER



Despite the incredible progress made by the marijuana movement in recent years, cannabis is still not taken seriously by some. When it was reported on April 1 that the dispensary chain Native Roots is interested in acquiring naming rights to the stadium where the reigning Super Bowl champion Denver Broncos play, most news outlets assumed it was an April Fools' Day prank.

But the news was no joke. The company even prepared a rendering of the potential branding (above) but acknowledged that they may ultimately have to lose the giant pot leaf.

Sports Authority currently pays \$6 million a year for the stadium naming rights. However, the company recently declared bankruptcy, meaning the rights could soon become available.

Native Roots confirmed they have the capital to acquire naming rights. According to founding partner Rhett Jordan, "Native Roots was born and raised in Colorado and we are the natural candidate for this."



Whoopi & Maya are teaming up.

Kush & Whoopi

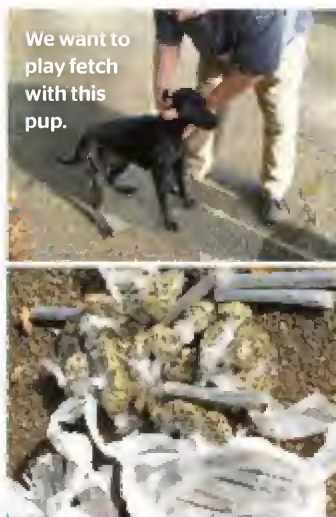
Whoopi Goldberg has announced her entree into the cannabis industry. The veteran pot smoker is taking her talents to the world of medical marijuana with the announcement of her new company Whoopi & Maya.

Whoopi's venture is a partnership with Cannabis Cup-winning pot chef Maya Elisabeth, founder of Om Edibles. The company's focus is on cannabis-infused products that reduce menstrual pain and discomfort.

Whoopi & Maya's Signature Line will initially offer four products: a THC-infused tincture for serious discomfort, a relaxing THC-infused bath soak, a topical rub for localized pain and raw sipping chocolate infused with CBD or THC.

Currently, Whoopi & Maya products are only available to California medical pot patients. The Signature Line is available in select dispensaries throughout the state.

Whoopi is proceeding carefully with her new business, telling USA Today, "I want to go nice and slow with this. I don't want this to be a joke to people. It's not a joke to women."



We want to play fetch with this pup.

High Times' Dog of the Year

A very cool dog in Laurel, MS (who is a good boy) dragged home a big bag of weed only to have his owners turn it over to the cops.

The dog's owners, who were not identified in the police report, at first thought their pet had brought home a bag of garbage before realizing that it was in fact a pound of pot. While Mississippi has decriminalized possession of up to 30 grams of cannabis, the pooch's haul would have constituted a felony. However, the cops confiscated the pot and no arrests were made. An investigation is ongoing.

We can only assume this dog listens to Redman, who once pondered the appropriate action to take if one were to find a bag of weed on the floor (pick it up, pick it up). Unfortunately, the pup's efforts were wasted on square owners.



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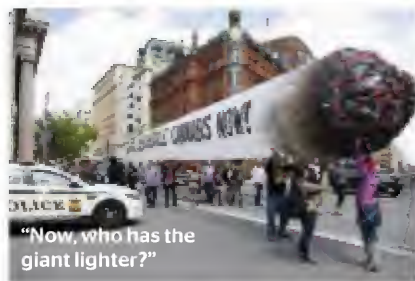


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Jaywalking in DC

The Secret Service treated a giant, fake joint carried by protesters like it was a threat to national security during a recent pot rally in Washington, D.C., according to event organizer Adam Eidinger.

The 51-foot inflatable jay was hoisted up like a psychedelic parade float marching towards the White House. However, a phalanx of Secret Service police attempted to block the 500 marchers—who were chanting “Free the Tree for PTSD”—from bringing their symbolic prop all the way to President Obama’s doorstep. Authorities citing security concerns deflated the giant joint. But, Eidinger and company blew it back up in front of the White House in time for the 4:20 ceremonies.

Seed Sowing Setback

Canadian meta-marijuana activist Dana Larsen was arrested by police and charged with trafficking cannabis and possession for the purpose of trafficking. The arrest occurred at a Days Inn in Calgary, the second stop of his 14-city “Overgrow the Government Tour.” As reported last month, Larsen had pledged to give away a million cannabis seeds across Canada in an effort to raise awareness and pressure the government into following through on legalizing pot.

According to officials, when the original supply of giveaway seeds was depleted at the hotel, an associate of Larsen’s went to their van for more and was placed under arrest. When Larsen came outside to investigate, he allegedly continued distributing seeds to supporters in view of police and was taken into custody.

Cops claim a search of Larsen’s van uncovered 119 grams of pot and nearly 1100 seeds worth about \$30,000 (a figure Larsen scoffed at). Mr. Larsen made bail and continued on with his tour.

DID YOU PACK YOUR GRINDER?



A marijuana grinder shaped like an explosive device caused a stir at a Washington State airport in April. As TSA agents screened passengers inside Bellingham International Airport, they discovered a device that looked like a grenade inside a traveler’s carry-on luggage. Officers searched the bag and found a camouflage object resembling a hand grenade.

The discovery led to a police investigation and the evacuation of the screening and boarding areas of the airport. Four flights were delayed as a result. Ultimately the police department’s bomb squad examined the object and concluded it was a grinder designed to resemble a grenade.

The owner of the grinder was detained, but then released and even permitted to board his flight.

Officials made the usual assurances that the TSA isn’t looking for drugs, only objects posing threats to travelers.

Howard Marks
1945 - 2016



RIP Mr. Nice

Famed marijuana smuggler and counterculture figure Howard Marks has died of cancer at the age of 70. Marks, widely known as “Mr. Nice,” began trafficking pot while studying at Oxford University. Through his smuggling career, Marks is said to have teamed up with the mafia, the Irish Republican Army, the Yakuza, the Brotherhood of Eternal Love, the PLO and many others to move “thousands of tons” of pot and hash. Marks often made use of rock bands’ touring gear to smuggle pot (without telling the bands).

Marks had the reputation of a rakish figure who eschewed hard drugs despite a legendary jet-setter lifestyle. He proved elusive to law enforcement over the years and even beat serious smuggling charges in 1980.

However, in 1990, he was sentenced to 25 years in prison in the United States. He was released in 1995.

Marks reinvented himself as an author and marijuana activist later in life. After his cancer diagnosis, he told the *Observer*, “It’s impossible to regret any part of my life when I feel happy and I am happy now.”

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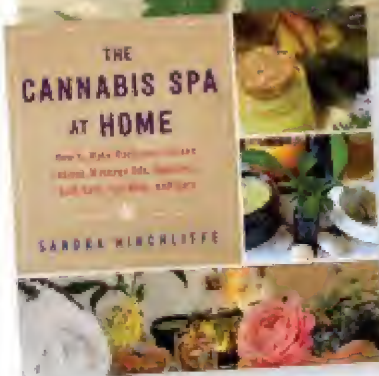
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Cannabis olive-oil freezer salve, from *The Cannabis Spa at Home*

Preparing the olive oil to make a salve.

A Balm for Wellness

As we approach the fall sports season, cannabis is—and will continue to be—a hot topic, as more players and teams embrace its therapeutic value. The athlete who already enjoys the luxurious, natural pain-management benefits of spa treatment will really appreciate the game-changing effects that come from supercharging the experience with cannabis.

In my book *The Cannabis Spa at Home*, I teach a set of temperature techniques in my “Quick Start” chapter for working with olive oil, which I believe—and some science research has demonstrated—is the best fat for extracting cannabinoids and the other essential ingredients of cannabis, such as terpenes. Olive oil is a versatile fat that requires no other ingredients to become a soft ointment, or a hard salve in the refrigerator or freezer. This recipe will let you create your very own batch of soothing salve at home.

*Sandra Hinchliffe is a spa artisan, allergy chef and the author of *The Cannabis Spa at Home*. Visit her at hempista.com.*

Sports-Recovery Salve

- 3 bay laurel leaves
- 10 whole cloves
- 1 whole lemon, chopped in eight pieces
- 2 grams kief or cold-water hash, or the equivalent in flowers (you can use as much cannabis as your needs require—this amount is a good starting point for your first sports topical)
- 1 cup plus 1 tbsp. olive oil
- 3 to 5 cups water (to ensure that the water doesn't run low and scorch the oil during the simmering process, you may add more water as needed)

Put everything into a pan and cover. Simmer, on medium heat for 60 minutes. Without uncovering, allow to cool for about 30 minutes.

Strain through a fine-mesh strainer into a glass bowl and allow the oil and water to separate completely. Using a turkey baster or syringe, carefully remove the oil from the top of the water, leaving just a slight slick of oil on the surface to ensure that no water has been taken up into the baster or syringe. (We'll make use of that leftover oil slick and herbal water in a warm athletic wrap, so don't throw it away!)

Empty the contents of the baster or syringe into a clean glass container with a lid. To harden the salve, screw the lid on tightly and place in the freezer for three to six hours to let it harden.

Next, you'll want to make a warm wrap to use on your aching muscles, joints or sprains with the rest of the oil slick and the herbal cooking water. Warm these leftovers again to a temperature as hot as you can stand it, then soak a clean towel or wrap in it to soak everything up. Wrap around the affected area of your body for 15 to 20 minutes.

When you remove the salve from the freezer, it will be hard, cool, and easy to manipulate and apply to your skin. When you're finished using the salve, just put it back in the freezer to set it up again.



SPOTLIGHT

Roll + Blot

Cosmetics company Milk Makeup employs cool, creative design with an eye toward eco-consciousness and multi-functionality. Exemplifying that aesthetic, Roll + Blot papers can be used to dab away excess oil and shine—or you can use them as rolling papers! Made from cruelty-free, 100 percent unbleached hemp, Roll + Blot papers offer girls on the go a way to stay both shine-free and ready to roll. The Milk motto—“High Concept. Low Maintenance”—will appeal to weed-loving women the world over. 100 papers, \$10; milkmakeup.com

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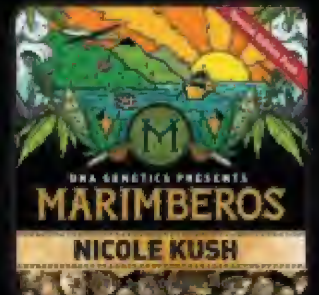
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Get Lifted, Then Listen

Podcasts have exploded lately—it seems like there's a show for every topic, and sifting through them all to find the right one for your mood (and your strain of choice) can be overwhelming. Here are our picks for new on-demand shows to check out. *By Katie Compa*

Bodega Boys

Bronx-born-and-raised comedians Desus Nice and The Kid Mero bring you news, pop culture, sports stories and shenanigans each week from New York City's Red Bull Studios (which they mention constantly). Desus and Mero are hilarious, quick-talking and even quicker-witted—all the best of old-school morning talk radio, woke and whenever you want it. Potheads receive frequent shout-outs from the hosts. Be advised: If you don't listen at home, you'll probably be laughing out loud in public.

soundcloud.com/bodegasushi

StarTalk Radio

Celebrated astrophysicist and incorrigible mind-blower Neil deGrasse Tyson and a stable of hilarious guest hosts (including comics Eugene Mirman, Chuck Nice and Leighann Lord, plus noted science guy Bill Nye) talk to celebrities, special guests and one another about all things outer space. To contemplate topics like asteroids hitting Earth, the science of time, and the periodic table (the latter with special guest Edward Snowden), you'll want to gather your favorite edibles before you start listening.

startalkradio.net

Song Exploder

Musician and composer Hrishikesh Hirway interviews musicians ranging from Björk to U2 to RJD2 about the inspiration for a song they've written and the process they followed to put the pieces together.



Episodes are around 20 minutes each, so you can blow through the entire series in not much time at all. There's even an 11-minute episode about one of the longest theme songs of any TV show (*Game of Thrones*, clocking in at two minutes).

songexploder.net

Gastropod

If you're like me, you like to enjoy the munchies—and knowledge is power. *Gastropod's* hosts, food writers Nicola Twilley and Cynthia Graber, talk to experts about the science and history of how we eat. While they occasionally border on snobbish (probably an occupational hazard), the information they have to impart is worth staying for. Episodes focus on topics like keeping your sandwich from getting soggy, fake grape flavor, and how mushrooms are like animals.

gastropod.com

The Ratchet Hatchet

Each week, writer, actor and standup comic Jess Wood and her cranky co-

host Josh Homer present a mashup of personal stories, uncensored sex talk and freaky news of the week. It's Mae West meets Redd Foxx (if you don't know the names, better Google them!) in a collision of sidesplitting hilarity and NSFW, no-holds-barred honesty. Jess and Josh swear, get dark and argue passionately about ... pretty much anything that catches their attention.

theratchethatchet.com

A Window to the Magic

Disney super-fan Paul Barrie's podcast takes listeners on a weekly walk through the Magic Kingdom. It's a weird, wonderful, sometimes downright bizarre acoustic trip through rides like *Innerspace*, *Pinocchio*, and (earworm sufferers, be warned) *It's a Small World*. Now over 500 episodes, the podcast intersperses the rides with breadcrumbs from Paul's life—he and his high-school sweetheart reconnected, married and split up (mostly captured on the

show)—that contrast poignantly with the background of acid-trippy cheer.

pbarrie.libsyn.com

99% Invisible

This podcast discusses different elements of structure or design that you've probably never noticed before—in fortune cookies, Monopoly boards, the game of basketball, an underground storage facility for nuclear waste in New Mexico, even the ins and outs of residential lawn-care espionage. If you like to look at details on buildings, or if you've never heard of military "challenge coins," you can do your dishes to 130 episodes of knowledge.

99percentinvisible.org

Think Again

Host Jason Gots welcomes well-known guests like Paul F. Tompkins, Henry Rollins and Norman Lear, springing three topics on each that they aren't prepared to address, and then letting the conversation flow from

there. Episodes are usually less than half an hour, and they get right to the good stuff. This is a great pick for an afternoon smoking-and-bingeing session.

bigthink.com/think-again-nil-a-big-think-podcast/think-again-a-big-think-podcast

The Tommy Chong Podcast

Tommy Chong and his son Paris have a new podcast (after taking a break from its previous incarnation, *The Chong and Chong Show*). They toke up, then discuss the latest in politics, pop culture and, of course, weed. Tommy is a treasure of the pothead community for good reason, but he's teetering delightfully on the edge of "Get off my lawn!" territory these days, so Paris provides a nice counterweight to his sometimes-curmudgeonly commentary.

cannabisradio.com

Snoop Dogg's GGN Podcast

Snoop Dogg (these days a.k.a. "Nemo Hoes") gets together with celebrity friends like Mike Epps, Jamie Foxx and Redman to reminisce, crack jokes and light up in the studio. (Check out his interview with Cheech & Chong, which is basically a war of compliments.) Snoop is genuinely interested in what his guests have to say, and they respond with the same enthusiasm, making this a fun hour or so to spend listening.

snoopdogsggn.libsyn.com ✨

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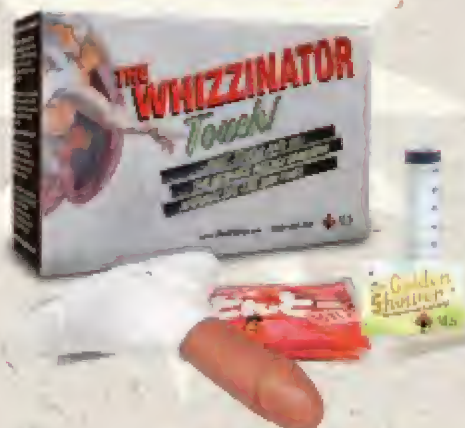
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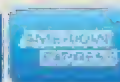
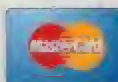


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This party of five is ready to roll.

Smoking a joint is “like putting a quarter in the arcade: Something’s gonna come out on guitar.”

■wer bring the party wherever they are.

Sometimes this happens intentionally. Danzo recalls accidentally getting his grandother high. He and a friend had made a batch of weedy hats and left them on the counter. “Next day, my mom calls me at work and says, ‘What’s wrong with Nan? She says she’s floating outside her bed, above the bed.’”

Linden laughs and describes the first time she saw her mom getting high: “I cried!” Now she and her brother share edibles. Arman, who has since given up weed, talks about smoking a strain called the Pope in college. “I woke up with a girlfriend!” he grins.

Linden’s hot-pink peignoir flutters as she gets up to lead her crew to her tiny rock’n’roll bedroom for the photo shoot, but Penley wants to let *High Times* readers know that the band is working on a full-length record, their first. “We’re in super-writing mode,” he says, standing and picking up an old *Playboy* that just happens to be lying around.

Will smoking inform the writing? “Hell, yeah!” says Danzo, grabbing a last handful of popcorn. “It’s like putting a quarter in the arcade: Something’s gonna come out on guitar.” ✨

Scaling the Heights

The hard-rocking Tower are headed for the top—and they’ll take your grandma with them. *By Polly Watson*

Tower have been around for only a little bit more than a year, but they already have something most bands don’t: instantly memorable songs. At the show I saw them play, they sent the headliners crawling—looking for riffs, no doubt.

The NYC band plays glorious, lick-loaded hard rock, and while they revel in the trappings of their genre (spandex, bell sleeves and long hair), their self-awareness sets them apart from their peers. Most hard-rock bands I encounter seem to be either approaching their craft tongue-in-cheek (wig rock, fuck off!), or else strangely unaware that they’re of an anachronous breed in the modern musical landscape. Tower have both feet planted firmly in the present—it’s

just that they seem to have decided to enjoy it.

The band claims standard-bearers like Black Sabbath, Heart and Dio as influences. Vocalist Sarabeth Linden is a belter in the vein of Jeni Foster and Suzi Cato (of the underappreciated ’80s NYC bands Princess Pang and Smashed Gladys, respectively) who isn’t afraid of Bruce Dickinson-style flourishes. Lead ax James Danzo honed his BC Rich skills with thrash vets Deceased and a slew of local bands, and he and the rest of Tower—guitarist Zak Penley, bassist Philippe Arman and drummer Jesse Balgley—ably marry swagger and strut to Ginsu-fine shredding. The result is raucous rippers like “Tower” (in which the tearing of an eagle’s wings are mentioned, speaking

of *shred*) and the anthemic “Party (Ready to Roll).”

When *High Times* catches up with Tower, they’re just back from their first tour, which found them supporting the legendary Pentagram at SXSW’s Heavy Metal Parking Lot showcase. They’re sitting around Linden’s kitchen table, listening to Foreigner and Stevie Nicks, drinking beer and sharing a massive bowl of popcorn. Outside, it’s pitch-black and icy; here, shirts are off, and leather jackets and sunglasses are in abundance. It’s clear that



Two Cherry Bombs, One Fuse

Vocalist Sarabeth Linden recalls her favorite smoke-down. “It was with Joan Jett, in the walk-in freezer of [NYC club] St. Vitus. She lit that [joint] and passed it straight to me. I shared saliva with her! She def had a crush on me!”

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Starting the day off right with some dreamy sativa

Wake & Bake With Dilly Dally

The Toronto rockers talk DIY, their debut album, and dope on their first headlining North American tour. *By Ira Gamerman*

Singer Katie Monks's friendship with guitarist Liz Ball was forged at punk shows, party houses, jam sessions and while searching for smoke in the sketchier parts of their native Toronto.

"This Rastafarian dude was like, 'You wanna buy a CD?'" Katie recalls. "And we were like, 'No, we want weed.' Then he winked and gave me a jewel case with a gram in it—but no CD. Would've been a great way to plug your record—I would've blazed and listened." She relates this hilarious stoner tale with a laugh that contrasts sharply with her brooding and ferocious stage presence.

"Music and weed brought us together," Liz adds agreeably, rolling up a fat joint of Bay Dream for our wake-and-bake session in Bushwick, NYC.

Their band, Dilly Dally,

are touring North America as headliners for the first time and just played a pair of packed shows in Brooklyn. The band closed out 2015 by releasing *Sore*, a powerhouse debut album six years in the making, on Partisan Records. Their energetic showcases were a major highlight at CMJ 2015, and their album has received gushing coverage from the *New York Times*, *Newsweek*, MTV, Pitchfork and Vice.

Sore is a raw and emotive blast of guitar-fueled angst with nods to grunge, pop, punk and stoner metal, tied together by Katie's throaty and insistent growl. Tracks like the sultry "Desire" and the anthemic "Purple Rage" buzz with noise and aggression that no casual listener would ever mistake for fellow Canadians Drake or Justin Bieber (but they still

do a mean cover of Drizzy's "Know Yourself.") Dilly Dally's version of pop is heavier, drenched in feedback and influenced by the thriving local DIY punk scene they grew up a part of.

Katie is the younger sister of Tokyo Police Club singer Dave Monks and has been actively involved in Toronto's music community since her early teen years. "The shows we go to are five bucks and right down the street or on the West End, where all our friends live," the singer proudly proclaims of her punk-rock social scene. "And it'll be a show that our

"You can smoke weed all over the place in Toronto and no one will fuck with you."

bands booked."

Producer Josh Korody—known for his work on albums by fellow Canadian bands Fucked Up—stepped in to record the songs that were supposed to be Dilly Dally's but after another producer fell through. When the resulting album didn't see a release, Katie and Liz ditched their rhythm section and picked up Ben Reinhartz and Jimmy Kelly.

"When we started playing with Ben and Tony, that's when the record started coming together," Katie says. "The shows felt different. It was a rebirth of the project." Katie's newly inspired passion is the fire that smolders and bursts forth over *Sore's* 11 raucous tracks.

We chatted about the differences in Canadian versus American cannabis culture. Canada's newly elected prime minister, Justin Trudeau, is highly in favor of legalization, recently mandating the country's attorney general to pass marijuana measures in Parliament. There are even cannabis social clubs like the Hotbox Cafe, one of Katie and Liz's favorite Toronto hangout spots. "It's this weed cafe where everyone blazes," Katie says. "Cops know it's a weed cafe, but they like it because it's contained. So they don't fuck with it. You can smoke weed all over the place in Toronto and no one will fuck with you." ✨



Good Canadian Manners

During our wake-and-bake session, Ben and Jimmy did not partake, instead volunteering to be designated drivers so Katie and Liz could blaze to their hearts' content and still safely make their show in Boston that evening.



NEW AMSTERDAM NATURALS

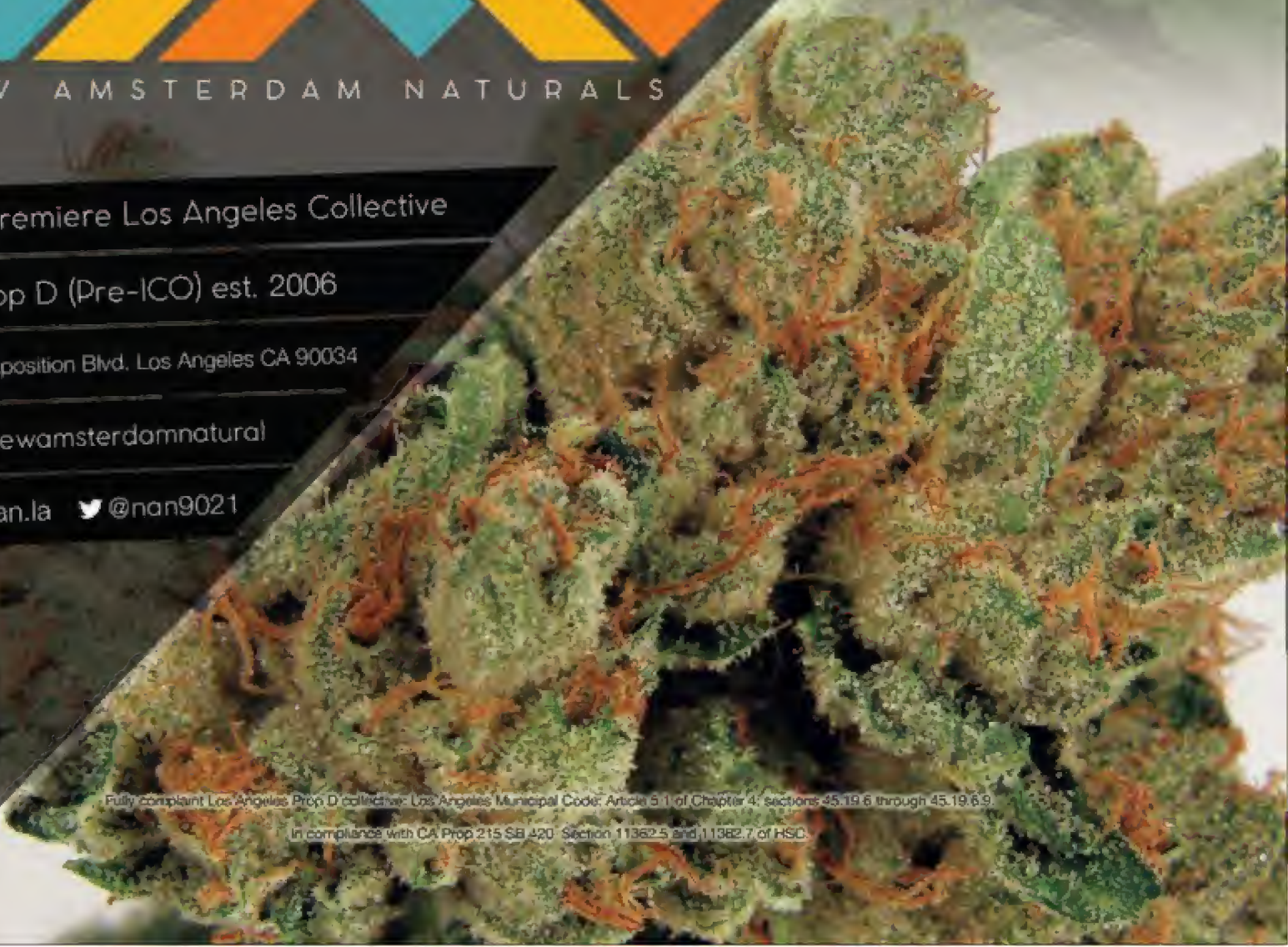
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Full-spectrum grooviness

Psychonautic

Brooklyn trio Guerilla Toss venture into music of the cosmos.

If you squint your eyes, you'll glimpse it: Hovering above this warped wonderama of nuevo No Wave nirvana is the benignly divine guidance of the Grateful Dead. At first, you'd be hard-pressed to hear the influence—beyond the vague tickly feeling one gets from the trippy, Dead-style cover art. Sussing out that connection is one of the more fascinating things about this sonically schizophrenic full-length by Brooklyn noise-punk-dance iconoclasts Guerilla Toss. Like the Dead, these guys craft or stumble upon their every track to create, under the right circumstances, real brain-squashers of new-sound multiplicities that just might prompt the question “How did we get here?” or perhaps “Where are we headed?” Astounding sounds abound in the appropriately titled

opener “Multibeast” and “Grass Shack,” rip-roaringly dancey demons drizzled with splintering shards of oblique electronics, arcane world-music samples, and FX-drenched whoops 'n' hollers by vocalist/poet Kassie Carlson. Quite interesting how the title track's itchy, seesawing guitar rip-chords and coiling-down-the-kitchen-sink synth swirls,

like the near-hilariously energetic locomotive drumthump on “Perfume” and “Big Brick,” simultaneously enhance, twist and obliterate whatever Carlson's on about lyrically, so that her in fact rather serious concerns about life's pain and pleasure, mental illness and spiritual healing only seep into the careful listener upon the third or fourth hearing—which this densely packed sonic stewpot definitely warrants. The album's superbly goofy B-52s-type dance-party cacophony boasts great confidence in its crafted chaos and its blatantly blurry vision of the dark stars looming just up 'round the bend. *John Payne*



Guerilla Toss
Eraser Stargazer
(DFA)

MUSIC RECOMMENDATIONS



Wussy
Forever Sounds
(Shake It)

For the sonically expansive *Forever Sounds*, Ohio rockers Wussy ditch the cleaner production of their previous albums to dive headlong into psychedelia and '90s shoegaze, wrapping songs in a wash of heavy, hazy noise. Songwriters Chuck Cleaver and Lisa Walker riff about the arcane

and the occult as they swap vocals on tracks that veer from dreamily ethereal to raggedly rocking. The band never loses the solid Midwestern grounding that fills “Better Days” with heartland hopefulness, even while smothering tracks like “Sidewalk Sale” in a Sonic Youth-like squall. *Kirsten Ferguson*



Various Artists
Brown Acid: The Second Trip
(Riding Easy)

On their second collection of “heavy rock from the comedown era,” Riding Easy reteams with vinyl specialists Permanent Records to unearth 10 more obscure proto-metal, full-tilt boogie-rock and hard-glam cuts from the 1970s. Last year's *The First Trip* had its moments, but the sequel is

better: From the Sabbathian riff ride of Ash's “Midnight Witch” and Sweet Crystal's organ-drenched “Warlords” to the cocaine groove of Iron Knowledge's “Show Stopper” and the Jethro Tull stylings of Spiny Norman's “Bell Park Loon”, this is a treasure trove for heavy '70s aficionados. *J. Bennett*

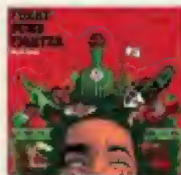


Commander Cody and His Lost Planet Airmen
Live In San Francisco 1971
(Sundazed)

Cody and the boys were inarguably the first Yankee hippies to believably play hardcore honky-tonk country, western swing and rockabilly, and this never-released radio broadcast is their very first recording. Not only did they give their rock audiences a lesson in Americana, they were

a total-energy outfit that inspired plenty of ass-shakin'. Though Little Feat's “Willin'” is often hailed as the ultimate stoner anthem of that era, Cody's weed-it-and-weep ballad “Seeds and Stems (Again)” rivals it, while “Lost in the Ozone” is a celebration of the joys of liquid intoxication. *Michael Simmons*

COMEDY RECOMMENDATIONS



Wyatt Cenac
Furry Dumb Fighter
(A Special Thing)

On his latest album, standup comic Wyatt Cenac takes his audience on an incisive and philosophical journey in his signature languid drawl. The premises may haunt your dreams—in a good way—for days to come: From the magical New York City subway system (where rats ride humans like

dragons) and the Bible's obvious “bros before hos” code to the perils of the Confederate flag, the Kardashians and idolizing Bill Cosby (at least until recently), Cenac unflinchingly addresses sensitive topics without pulling any punches, while having plenty of fun along the way. *Katie Compa*

BOOKS RECOMMENDATIONS



Heads: A Biography of Psychedelic America
Jesse Jarnow
(Da Capo Press)

Occasionally a scribe appears who nails in prose the experience of getting high. Tom Wolfe and Hunter Thompson were two; Jesse Jarnow is another. This half-century history of freak-flag-flying pops off the page through Jarnow's fluid wordplay mastery. While focused on the Grateful

Dead family (Garcia, acid king Owsley, John Perry Barlow), the author also profiles growers, chemists, dealers, musicians, artists, and advocates for legalization and consciousness expansion. Jarnow writes from inside the scene—an advantage that *High Times* readers will appreciate. *Michael Simmons*



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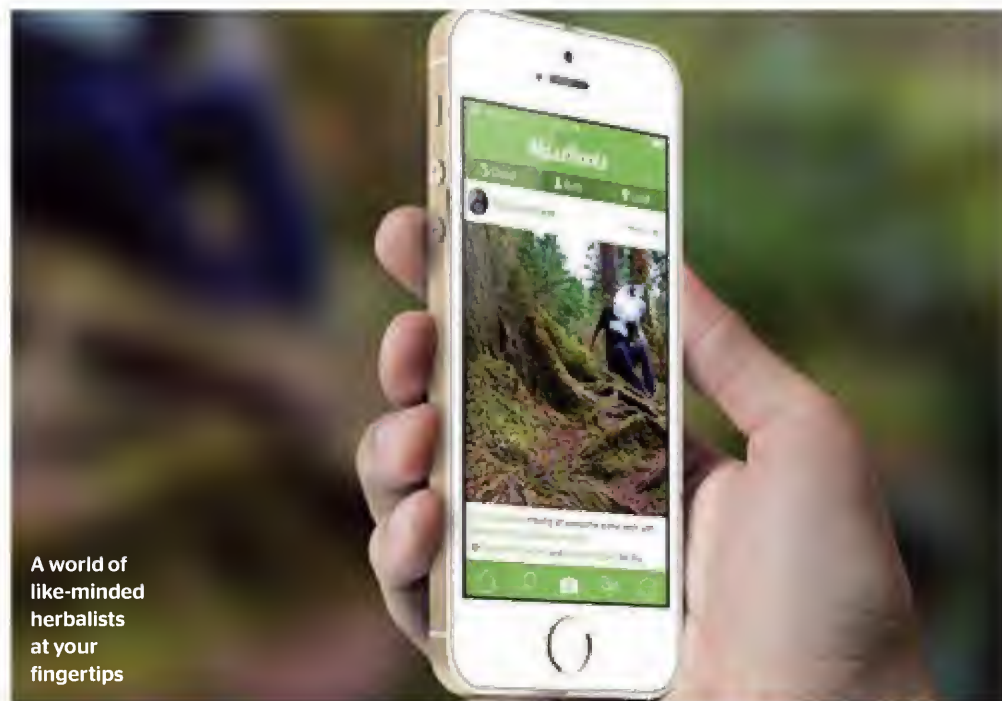
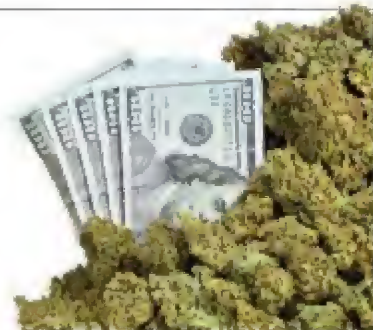
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Social Media for Cannaphiles

Internet bigfoots like Facebook and Google aren't always kind to friends of the herb. Now a savvy young company is staking a claim to this neglected market.



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SO YOU WANT to hook up digitally with other weed-lovers. Where do you go?

The biggest social-media platforms (you know who they are) are not 100 percent copacetic with cannabis users—and even if they were, do you really want a Facebook friend like Grandma “liking” your latest dab session? No, you do not.

Into this market lacuna steps MassRoots, a Denver-based company that’s growing a community of pot aficionados who trade weed-inspired stories and pics; rant, find and rate dispensaries, and track legislative developments in pot-not-yet-friendly states—basically just like regular social media, but without the cat videos.

“We think of it as a kind of Facebook for cannabis users,” says Isaac Dietrich, the co-founder and CEO of MassRoots. “A place where you connect with like-minded friends.”

Dietrich is just 24, but he’s wise beyond his years. After high school, he considered college but ended up deciding on an even higher education: starting a social-media site specifically tailored for cannabis folk. “I took the money I would have spent on the first semester

“I took the money I would have spent on the first semester of college and launched this instead. Best decision I ever made.”

of college and launched this instead,” he says. “Best decision I ever made.”

Dietrich found an eager customer base waiting for him. “There is so much demand for cannabis-related content that we sometimes have trouble keeping up,” he says, noting that the app crashed briefly last 4/20. “Those are good problems to have.”

MassRoots has what econ types call a “first-mover advantage”: As a pioneer in a new market, it has a competitive edge over latecomers. By planting its flag in the cannabis social-media space, it has established its brand and is securing customer loyalty. Since the app launched in July 2013, more than 750,000 users have joined MassRoots, and the company looks to top one million users by 4/20 this year. With this impressive growth comes new goals, such as a NASDAQ listing—something now well within its sights.

Insiderfinancial.com has declared

MassRoots “the dominant player for cannabis aficionados on social media” and notes that sites like Facebook and Instagram are making a big mistake when they suspend weed-infused accounts. (In 2010, Facebook banned advertising that promotes marijuana legalization—and, to date, neither Facebook nor Google allows ads for weed, even for Web surfers in pot-legal states.) “Luckily for smart penny stock investors,” *Insider financial.com* continues, “MassRoots is the prime beneficiary.”

Facebook and Instagram aren’t the only ones harshing mellows. Dietrich recounts other obstacles that his company has faced: “We’ve been kicked out of the App Store; we’ve had three bank accounts shut down; our Instagram page was taken down. They gave no reason other than we ‘violated community stan-

dards.” (MassRoots’ Instagram account was revived within a month.)

Meanwhile, old-school media have tended to treat MassRoots well—though even when they don’t, it’s not a problem. “Any media is good media,” enthuses Dietrich. “We always get more users, whether [coverage] is positive or not. We love controversial stuff because more people get interested. The media tend to glorify the industry, as if we’re just smoking weed all day, making tons of money. In reality we face more difficulties than so many other businesses.

“Literally, I wake up every morning and wonder, ‘What’s going to go wrong today?’” Dietrich adds. But he’s anything but pessimistic about either his career path or those who will follow. “The industry is young, and of course there will be roadblocks... but that’s a good thing. If it were easy, everybody would be doing it—and pretty soon, everybody will.” 🌿

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Delaware	Wilmington	Master Kush	360
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Hawaii	Maui	Chemdog	375
Illinois	Chicago	Bubblegum	380
Indiana	Indianapolis	White Widow	375
Iowa	Des Moines	Blue Dream	360
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MARKET ANALYSIS

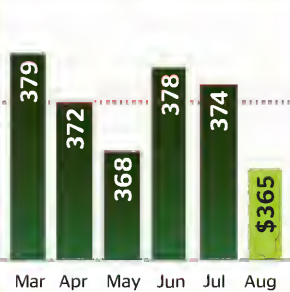
Prices by the ounce

All indices finished August above their previous month's average with the exception of the Kind Index, which fell to a year-low average price of \$365. The Mids Index experienced the biggest gain, closing the month \$21 above its YTD average. Chemdog made the top five submitted strains for the first time.

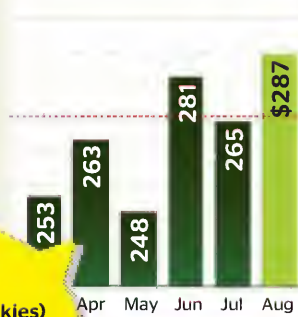
US Price Index
YTD Average: \$308



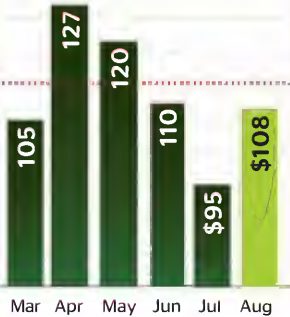
Kind Index
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Mids Index
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Schwag Index
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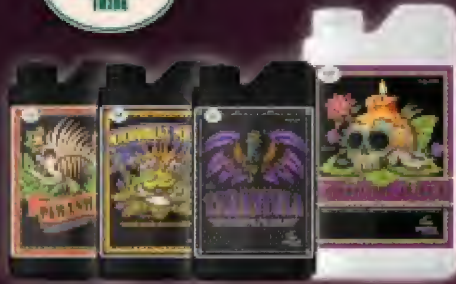


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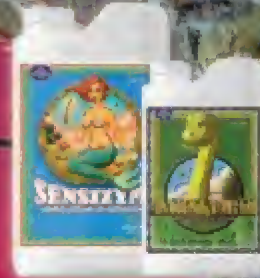
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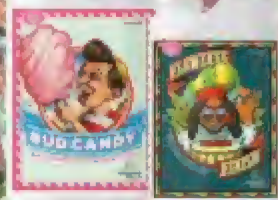
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You Must Be This High To Ride

Ferris Wheel. Tilt-A-Whirl. The Zipper. Weed. There was definitely more than one way to get high at the 2016 U.S. Cannabis Cup & Carnival in San Bernardino, California. *By Emily Cegielski*



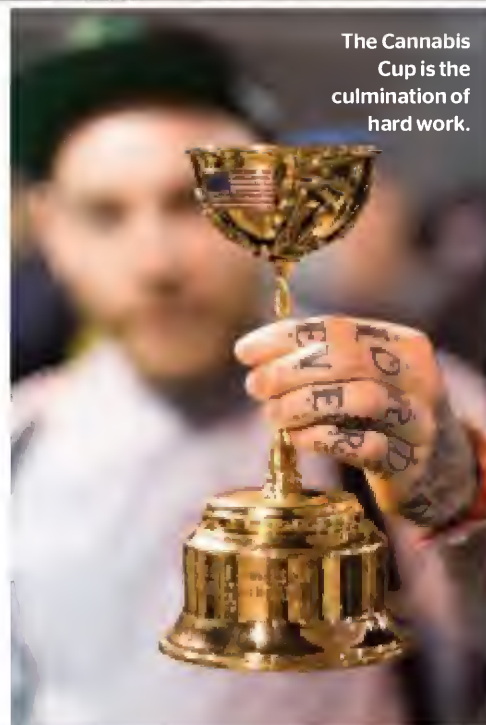
Circus performers roamed the confines of the NOS Center drawing the cannabis crowd.

Election years are great for the marijuana legalization movement, and 2016 has promised to be a big one. Not only do we have numerous opportunities to elect supportive, or at least receptive, officials, we will also see many states voting on ballot initiatives to legalize medical or recreational pot.

Unfortunately, election years are not great for hosting a High Times event. After three successful U.S. Cannabis Cups in Colorado, we were excited to head back to the Denver Mart for our biggest 4/20 celebration yet, only to have our permit denied by the Adams County Commissioners—three of whom are up for re-election this year. Coincidence? Probably not. With only two months until the Cup, we scrambled to relocate, moving the festival to Pueblo County, but were eventually forced to pull our permit request due to regulatory issues and timing concerns.

Sometimes life just throws a whole lot of citrus at you. While, yes, we would go on to make a delicious medicated lemonade with all of the lemons that Colorado hurled at us (Nubloom was on site serving up refreshing Weedmonade!), it was actually a different fruit—oranges, specifically—that came to our rescue.

Hot on the heels of our latest Cannabis Cup, we found ourselves returning to the National Orange Show (NOS) Events Center in sunny San Bernardino. Despite our prior two-weekend, medical event only months before, SoCal welcomed us back with open arms. The 2016 Colorado Cup would continue—but with only the competition and a separate awards show taking place. No massive pot exhibition. No toking-friendly festival. At least not in Colorado... In San Bernardino, there was a different scene... Something more like a carnival.



The Cannabis Cup is the culmination of hard work.

Nighttime at the U.S. Cannabis Cup provided an array of amusement park attractions.



STEVE BAKER, JODESCHAFER, DAN SKYE



4 “I think right now there is a re-recognition in this country that government is out of control.”
 — Rep. Dana Rohrbacher

1) Cannastar OG from New Amsterdam Naturals grabbed second place for hybrid flowers.
 2) Not everyone was exhaling smoke!
 3) Congressman Dana Rohrbacher advocated for legalization.
 4) A communal blunt passed through the crowd awaiting The Game.
 5) The dudes from Pura Vida showcased an array of strains.

For three days, thousands of attendees flooded the NOS Center for the ultimate pre-4/20 party and our first event of its kind in California—the 2016 U.S. Cannabis Cup & Carnival.

The carnival theme was in full-swing from the big top entryway to the amusement park rides scattered throughout the event site. Performers and acrobats from the Venardos Circus waited in the non-medicating area to greet guests with extremely uplifting song-and-dance numbers. A creepy clown on a unicycle would occasionally pop up when you least expected him; the costumed stilt walkers were less subtle.

Of course, we were there to celebrate marijuana, and the pot did not disappoint. Over 200 vendors brought their best bud to show off and sample, and even though the high winds made it more difficult than usual to light a joint, free dabs were plentiful and



DAN SKYE (4), JOE SCHAFER



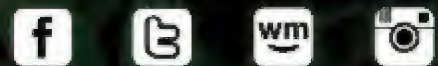
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At the Heaven's Herb & Wellness booth "Angel Heaven" assisted dabbers.



Lil Debbie lit up the afternoon.



Stilt walkers didn't need to get higher.

edibles could be found around every corner. What else was in abundance? Ass. Lots and lots of exposed asses.

The best booth to see bare booties was the Mally Elite stage, one of many hosting giveaways, DJs, musical performances and more. Obviously, ME knew what it was doing, taking home awards for Best Booth, Best Product and Best Glass (with CHR).

Not everyone was a fan of all the scantily clad ladies—and there really were a ton milling around—but even those who disapproved had to admire their moxie; there's no airbrushing, and everyone's in high definition at a Cannabis Cup. Believe it or not, with all of the see-through outfits and nonexistent shorts, we still hadn't reached the apex of transparency. That would happen on Sunday afternoon with a surprise visit from Congressman Dana Rohrabacher.

To the delight of attendees, California's Republican representative and pot legalization advocate delivered a candid and sincere speech about marijuana to a seminar tent overflowing with spectators.

"I think right now there is a re-recognition in this country that government is out of control and that we've got to regain control of the government by the people of this country with affirmation of our own freedom and rights," Rohrabacher declared.

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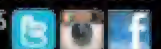


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"[Law enforcement has] a limited amount of money and for us to spend it on trying to prevent somebody from smoking a weed in their backyard is absolutely ridiculous and stupid and honest people shouldn't have any question about stepping up and saying that is not something the federal government or the local government should be doing," he continued.

Rohrabacher went on to explain that the bipartisan Rohrabacher-Farr amendment (legislation which prevents the DEA from spending money to stop the implementation of state medical marijuana laws) was just the first step. The second step? Legalizing recreational use.

"It's our business, not the government's business, what we consume," Rohrabacher bellowed. "We're gonna get our country back on track. It won't happen on its own. It'll happen because all the people with common sense and decency and concern for each other as Americans, we will take control of our country again."

... which brings us back to why election years are so important. The fight for legalization is far from over. It's obvious—just look at pot arrest numbers, DEA raid reports and our own fight to hold the U.S. Cannabis Cup in the recreationally legal state of Colorado. So, make sure to vote.

And if we learned one thing from this event, it's this: The next time Adams County Commissioners vote on a High Times event permit, we might need to send in some pants-less ladies to help sway the majority because apparently that works. ✨

The Game showed he had game at the Saturday night concert.



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2nd Place Nectarine by N.G.M. Collab
3rd Place Zeinstein Purple Tangie by The Wolfpack 710 with Zeinstein Gardens

BEST SATIVA FLOWER

1st Place Ghost Train Haze #13 by Phresh Cannabis Oregon
2nd Place Kosher Jack by Karma Squad with the Kind Center Van Nuys
3rd Place Rozé by 3rd Gen Family with Dying Breed Seeds and Terphogz

BEST HYBRID CONCENTRATE

1st Place Mega Wellness Kush by M.N.G. Collab
2nd Place Zeinstein Strawberry Banana by The Wolfpack 710 with Zeinstein Gardens
3rd Place Strawnana Walker OG Budder Chips by Gold Coast Extracts

BEST HYBRID FLOWER

1st Place Big Nasty Kush by Phresh Cannabis Oregon
2nd Place CannaStar OG by

New Amsterdam Naturals
3rd Place AMG by Karma Squad with the Kind Center Van Nuys

BEST INDICA CONCENTRATE

1st Place Nameless OG Budder Chips by Nameless Genetics in collaboration with Gold Coast Extracts
2nd Place Strawberry Banana Pie Live Resin Shatter by Loudpack Extracts with Crockett Family Farms & DNA
3rd Place Emperor OG Kush by Cali Kush Farms with Unregistered Extracts

BEST INDICA FLOWER

1st Place Purple Chem by RI Finest with The Finerside
2nd Place Crown OG by Greenwolf with Crown Genetics
3rd Place Louise by Phresh Cannabis Oregon

BEST GLASS

1st Place High Tech by Mally Elite & CHR
2nd Place Glass Art

Attachment by Cloud V Electro
3rd Place Papa Bear by Rodeo Smoke Shop

BEST BOOTH

1st Place Mally Elite
2nd Place Caviar Gold
3rd Place - Puffco

BEST VAPORIZER

1st Place Puffco Plus
2nd Place Dr. Dabber
3rd Place Cloud V Electro

BEST VAPE PEN CARTRIDGES

1st Place Velvet Kush by Vegan Buddha with New Amsterdam Naturals
2nd Place 710 King Pen Tangie Live Terps by Loudpack Extracts with Greenwolf
3rd Place Tangie Live Resin Nug Run by Nexttracts

BEST TOPICAL

1st Place AHHS OG Blood Orange Medicated Topical Massage Candle by Wow Candles
2nd Place Nectar Stick Berry Blast Medicated Lip Balm by

Nectar Stick and Eden's Cure
3rd Place Bath Bomb by Nameless Genetics in collaboration with De La Beuh

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3rd Place Atomik Diamond MoonRocks by Atomik

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2nd Place Healing Honey CBD/THC Medicated Honey by Critical Concentrates
3rd Place Kushy Punch CBD by Kushy Punch

BEST CBD CONCENTRATE

1st Place ACDC Crystalate by Gold Drop Co. with Blue River
2nd Place Cali OG x 99% Pure CBD Crystalline by Pure Terps

3rd Place ACDC by Charming Farming and CE Solutions

BEST CBD FLOWER

1st Place Veganic Omrita x Hash Plant x Grapestomper by Buds & Roses
2nd Place Fruit Pharm Punch by Rogues Island Genetics with Something Better Concentrate Co.
3rd Place Toci by Brown Dog Cannabis

BEST NON-SOLVENT HASH

1st Place Strawberry Banana Hand-Squished Rosin from Bubble Hash by Boondock Alchemist with Mass Genetics
2nd Place Jungle Fever 90u Water Hash by Kushies Melt and the Harvest Club
3rd Place Extreme Cream Whole Plant Fresh Frozen Rosin Wax by Exotic Genetix

BEST EDIBLE

1st Place Tea Pot - Calendula Guava Mango Black Tea by Honey Pot
2nd Place Altai XXL Chocolate Espresso Pips by Altai
3rd Place Lorax's Cannaracha (made with CannaSutra OG oil) by CannaSutra Collective with Lorax Labs

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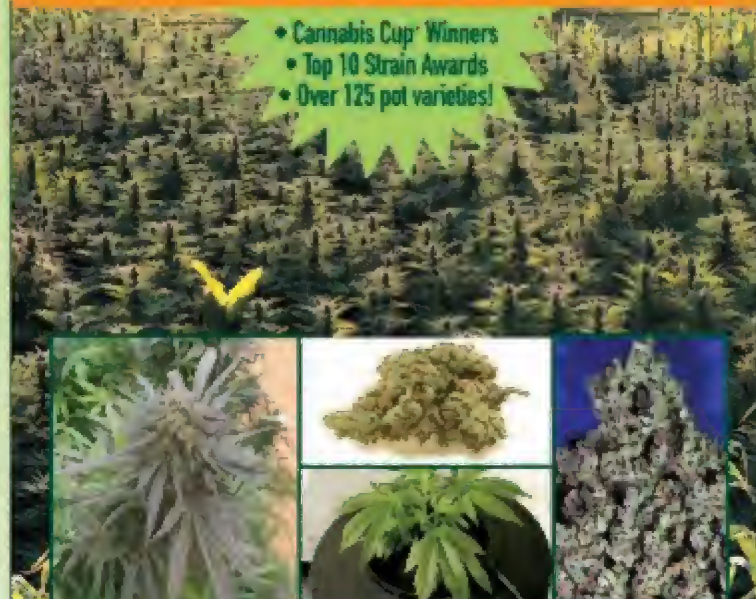
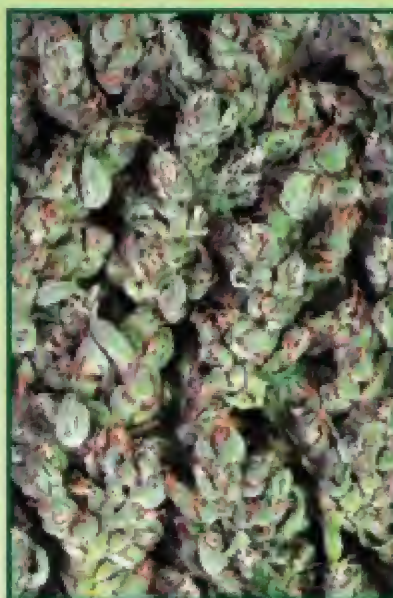
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Whether you're outdoors or inside, simple grow tricks can supercharge your plants for max yields.

Maximizing Summer Crops

How to boost yields using good horticultural techniques. *Story & photos by Nico Escondido*

Whether you're doing an indoor cycle this summer, or performing routine maintenance on your outdoor crop in anticipation of the fall harvest, there are a few simple tips and tricks that can quickly and easily add a 10 to 20 percent boost to your yields. Good pruning techniques and the addition of smart trellising work will not only make your plants happier and healthier, but will also reward you for your added efforts when harvest time rolls around.

Plant Puberty 101

Good pruning actually begins in the vegetative stage with the topping of cannabis plants. This technique goes by several different names, such as “pinching off,” “super-cropping” or “FIMing,” and each

comes with its own unique method. Still, the goal is the same: to trigger the release or redistribution of a plant's growth hormones—specifically *auxins*, the hormones responsible for growth and development in the branches, shoots, leaves and roots.

Auxins are produced primarily in the plant's buds, leaves and shoots. These hormones stimulate the growth of plant cells, especially near the tips of shoots and roots, where the auxin concentrations are highest. Auxins also accumulate near the tops of growing shoots, causing them to continue their advance upward.

Auxins located in the main stem have the ability to slow growth in the surrounding shorter shoots. This phenomenon is known as *apical dominance*, and it occurs when the concentration

of auxins in the main shoot is closest to those surrounding branches. As the main shoot grows up and away, the shorter shoots will begin growing and elongating once more. Apical dominance is the reason why topping a cannabis plant is so effective: When the dominant top or *terminal shoot* is cut or pinched off, its auxin concentration is redistributed to the lower, lateral shoots surrounding it. This causes them to grow more vigorously, while also helping to induce new growth in the form of additional top shoots that will eventually create many more top colas during flowering.

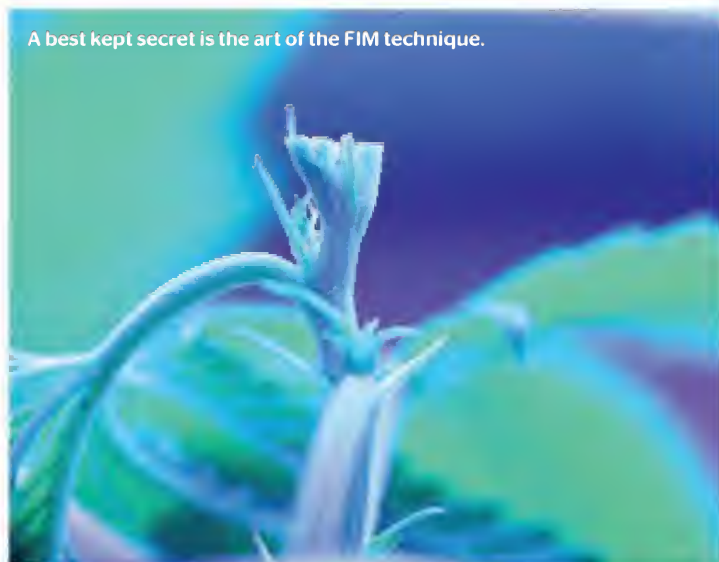
Here's a quick guide to a few of the more prominent and successful topping techniques that lead to more robust plants and increased yields.

Pruning Techniques



"Topping" a plant is simple...

TOPPING: The removal of the top terminal shoot by cutting or slicing. This is performed once around week two of vegetative growth and then possibly again around week four (or just before flowering is triggered).



A best kept secret is the art of the FIM technique.

THE FIM TECHNIQUE: Also known as "FIMing," this technique incorporates a slight variation on the topping technique. Using small trimmer scissors, locate the top terminal shoot and, instead of cutting off the entire shoot, move down 80 percent from the top and make your cut, leaving 20 percent of the shoot still intact. The 20 percent remaining will consist of trimmed new growth (baby leaves) just above the node and will look like a freshly mown lawn.



... "pinching-off" is even easier.

PINCHING OFF: Basically the same technique as topping, only this one is performed using the thumb and index finger to literally pinch off the top shoot rather than using trimmers or pruning shears.



It may look bad, but it works.

SUPER-CROPPING: Used by Dutch growers for decades, super-cropping is the art of increasing plant growth without the removal of any plant parts. Instead, the plant is bruised (or physically altered) in order to trigger a similar response. In this scenario, a grower usually takes the main stem (or a vertical topside branch just off the main stem) and begins to "roll" it vigorously between the thumb and index finger.

This will rotate the branch and cause it to pop, or blister, at the point of pressure. The branch will be injured and become weak, though you should avoid snapping it off altogether or causing it to fall limp. Instead, leave the branch at a 90-degree angle. When a branch growing vertically is bent and forced to remain horizontal, the interference in apical dominance will cause the shoots on the same axis to become stimulated and grow vertically.

Super-cropping differs from the three previous methods insofar as this technique changes previously horizontal branches into vertical-growing top colas rather than inducing new shoot growth. This is a particularly effective technique when used with horizontal trellising or "screen of green" (ScrOG)-style setups.



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These plants have been super trimmed a few days before harvest to direct all energy to the flowers.

Well-Timed Pruning

Ever see a grower relentlessly pruning a plant and think, “That guy is taking off *way* too much!” Well, there can be a method to this madness that’s often overlooked. While too much pruning can be bad for a plant, most growers are surprised by how much can be pruned without any ill effects. The truth is, *pruning invigorates growth*, although pruning the right amount is both an art and a science.

Experienced growers know that when pruning is used to reduce a plant’s size, the result is vigorous new growth. In late spring and early summer, outdoor growers in Northern California routinely spend one hour pruning— *per plant, every day*. And while these plants are basically the size of trees, that’s still a lot of pruning for each plant. But the reward is worth it.



Notice how the interior of this plant is completely stripped of any leaf growth.

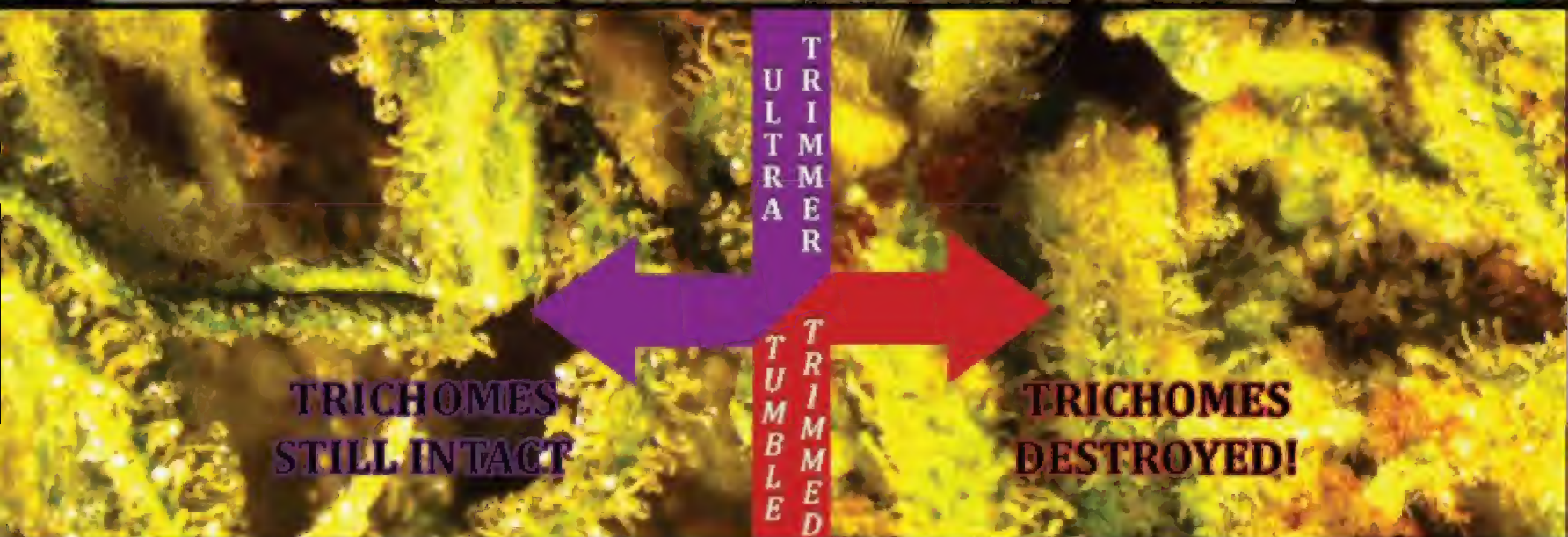


A vertical trellis and wire hooks support the many top colas of this outdoor monster.

Cannabis plants produce their fruit on the current year’s growth, flowering in the late summer and early autumn (as opposed to plants that flower in the spring, producing fruit on the previous year’s growth). As such, the pruning of cannabis plants can be done from the early vegetative stage in the spring right on into the flowering months of mid-summer. The more severe the pruning, the more vigorous the regrowth will be. Once flowering begins, however, the pruning should be scaled back and limited to the largest, darkest and oldest fan leaves, which at this point are using more energy than they can produce at the end of their life cycle. This saved energy will be redirected to the buds and helps pack on weight for harvest.

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Notice the bottom third of these plants have been completely pruned away for more vigorous growth up top.

Good Pruning Strategy

Whether you're pruning in the spring or summer, there are a few simple techniques and objectives to bear in mind. Of course, there are the objectives already discussed: pruning shoot tips to interfere with apical dominance in order to encourage lateral branching; pruning to increase or invigorate growth during the vegetative phase; and pruning (and super-cropping) to train plants to grow a certain way in order to boost yields. Here are a couple more pruning strategies to consider, all of which are geared toward increasing plant yields:

- Pruning for "crown thinning," which aims to open up the top canopy of the plant for better light penetration. This is useful not only for large outdoor plants but also for indoor plants bunched together in a "sea of green" (SOG)-style grow. In this scenario, a grower will strategically remove certain branches, such as those that are growing inward. To avoid stress, never remove more than 25 percent of the crown.

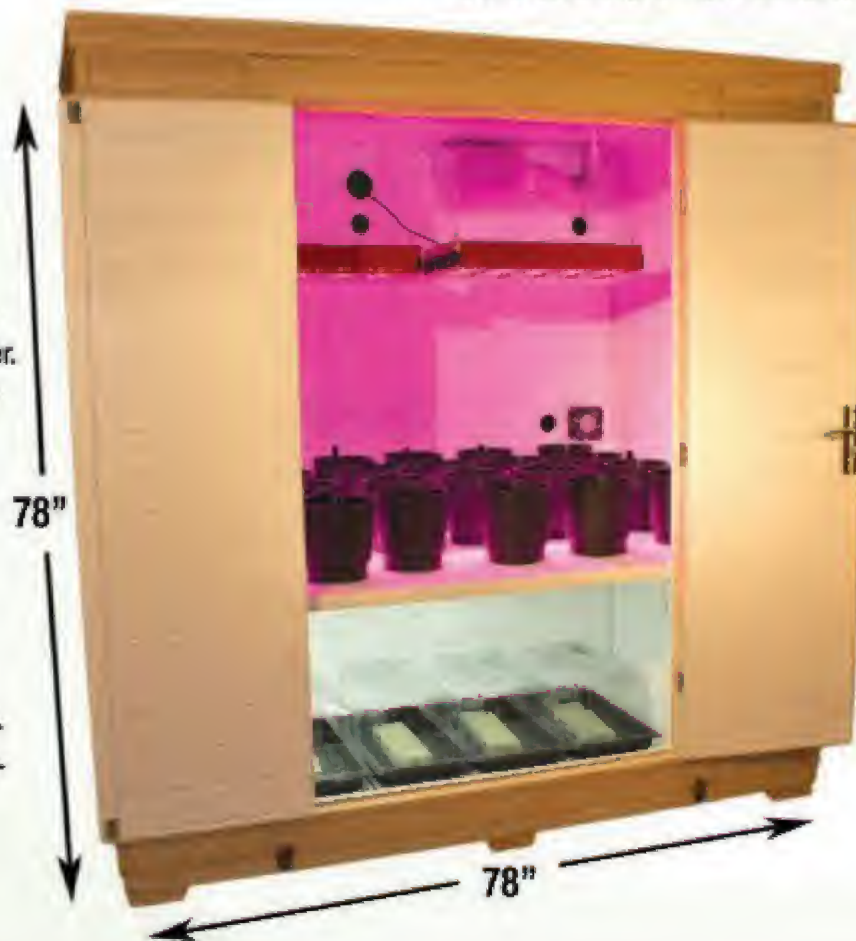
- Conversely, "crown raising" is another pruning technique deployed by many advanced growers. This procedure involves removing the entire bottom third of the plant's branches. This approach is also used by indoor and outdoor growers alike with the goal of redirecting all of the plant's energy to the top colas and buds. Lower branches with small "popcorn" buds are energy suckers and don't do much for the marketability of your buds after harvest.

- In some cases, pruning may be done in order to increase flower size—which may not necessarily increase your yield overall. Still, some growers cut off some flowering branches at the first signs of budding in order to increase the size and potency of top colas. This is usually done only for boutique or competition-grade flowers.

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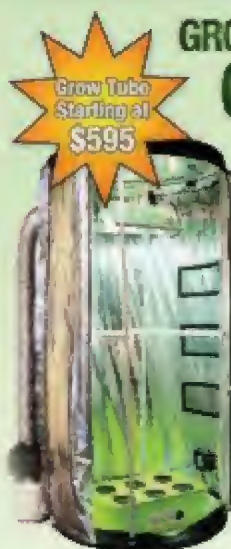
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This indoor OG garden features horizontal trelliswork for plants to grow up through.



Larger indoor plants require wrap-around trelliswork to create branch support and separation.

Smart Trelliswork

Savvy growers know that good pruning techniques go hand-in-hand with smart trellising practices. Typically, trellising involves using a metal or wooden framework to provide support for fruiting or climbing plants. When it comes to cannabis cultivation, the trellis can be either vertical or horizontal, and it can be made from a variety of materials.

Horizontal trellising is most commonly seen in indoor gardens, and it often takes the form of plastic mesh netting. This netting is usually laid over the garden canopy, with the plants growing up through the mesh squares (which can range in size from 3 to 5 inches). This method of trellising is particularly effective in SOG and ScrOG setups. Vertical or upright trellising is more often used in outdoor gardens, because outdoor plants are usually grown much taller and in individual plant sites. Even so, vertical trellising can be used in either indoor or outdoor grows to add support for plants, to train the direction of growth, and to increase yields.

When trellising is used in conjunction with the pruning methods discussed earlier, the result can be increased yields of 10 to 20 percent—or more. In particular, when plants are topped or FIMed, the resulting new growth—in the form of new offshoots surrounding the severed terminal node—will benefit enormously from the support and separation provided by a net trellis system. As these new shoots develop and grow, indoor growers will pull them apart and up through the mesh netting. Not only does this provide support for what will become heavy top colas, but it also helps separate and “thin out” the crown of the plant for better light penetration to the branches below.

Similarly, large outdoor plants benefit from vertical trellising or lattice-work in much the same way. Because these plants are usually growing in solo sites, the trelliswork is better situated vertically and surrounding the plant itself, thereby allowing the branches to grow out through the support system.

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Outdoor trellis systems can take many forms, including wooden or bamboo stakes fastened together with rope or wire, or wooden or metal fencing used as an encompassing framework. Perhaps the most ingenious outdoor framework is the metal-wire rebar used in construction for concrete forms. When this rebar is rolled and fastened to create a cylinder effect, it can be placed around plants while they're still in the vegetative stage so that they can grow upward and outward through the metal latticework.

Additionally, as limbs grow and spread out, there is more airflow throughout the plant's interior. Not only does this aid in respiration and photosynthesis, but it also helps prevent the moisture buildup that can lead to mold or botrytis. This is important for both indoor growers utilizing humid hydroponic systems and outdoor growers during the moist summer months. Still, the primary function of trellising is to provide support and stabilize the additional top and lateral shoots created via pruning. In the end, these extra limbs are what produce the added weight that will increase yields come harvest time! 🌿



Before: A vertical metal trellis is placed at the plant site.



After: A cannabis plant grows out through the trelliswork for better light and air penetration.

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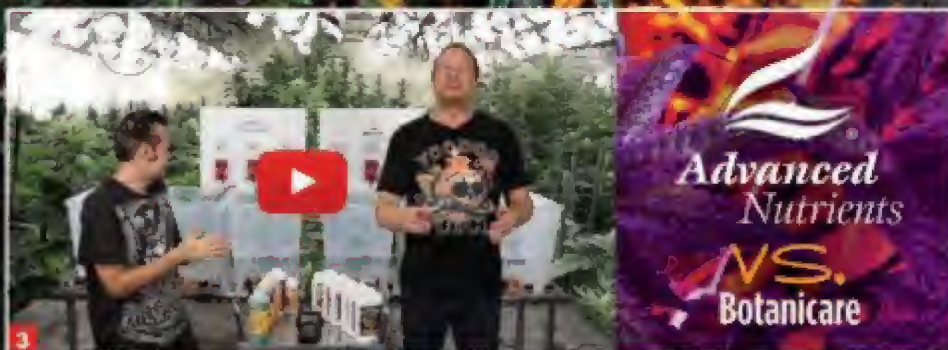
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The Solo Grow

Frustrated by high pot prices?
Don't like what's available?
Maybe it's time to start your
own personal garden.

By Dan Skye

At the start of the classic comedy *Annie Hall*, Woody Allen speaks directly to the camera: "There's an old joke—um ... two elderly women are at a Catskill mountain resort, and one of 'em says, 'Boy, the food at this place is really terrible.' The other one says, 'Yeah, I know. And such small portions!'"

Woody's talking about life—that it's full of pain and suffering, and yet it's over way too soon. But the analogy could easily illustrate the oft-heard complaint among pot smokers:

"This pot sucks!" says one.

"Yeah, I know," agrees the other. "And I got shorted!"

Sound familiar? The sad fact is that Americans who don't live in states where legal cannabis is available must rely on black-market sources to fulfill their needs. It's not unusual for consumers to know next to nothing about the quality of their purchase—who grew it or how it was grown—much less the strain, potency or potential medical benefits. And, needless to say, the price is rarely negotiable.

So if you're rarely satisfied with the black-market weed in your area, why not entertain the notion of a home grow? Don't feel intimidated: It's not that hard. A little time and some minimal start-up expenses will get you on your way!





With a little bit of effort and expense you can supply yourself.

Meet the Firestick Clique

The Buffalo area of Western New York isn't widely known as a cultivation hub. It's better known as part of America's Rust Belt, a region where manufacturing industries once flourished but, over the past 50 years, have suffered a nearly 60 percent loss in jobs. Shuttered factories are a common sight.

In these parts, people are always on the lookout for alternative ways of making money—like the members of the Firestick Clique. For well over a decade, members of this secret society of home growers have exchanged knowledge and shared their genetics. They've even hosted their own cannabis competitions.

Some of these growers have used the surrounding urban decay to their advantage in the summer months, planting guerrilla gardens where no one treads, near deserted railroad tracks or forgotten buildings. But most do their deeds indoors and have mastered the art of the solo grow. We asked the Firestick Clique to lay out the fundamentals for getting started. *High Times* cultivation editor-at-large Nico Escondido weighs in as well to offer some additional tips.



A member of the Firestick Clique checks in on his garden.



This home grower placed his garden in an alcove of his basement.

Where to Grow

The bigger your grow, the bigger the risk. The Firestick Clique recommends grow tents. They're inexpensive and quick to assemble—or *de*-assemble. If there's ever a security breach, you can get your plants out of your house quick. Small grow tents are designed with vents for exhaust and have wide zipper doors that allow the grower easy access to the plants and ease the task of lighting adjustments.

If you don't choose a tent, a spare closet will work, but keep your operation small when you begin. Keep things simple at first. A closet can easily be made "light-tight" so the plants have no interruption in their dark cycle.

How Many Plants?

The size of the planting container or grow pot you choose will influence the size of the plants you grow. Containers come in a variety of sizes. Those that provide breathability, like fabric pots, are great. Some feature drainage holes and saucers to catch the run-off. Obviously, your grow space will determine how big you're able to grow your plants. Try starting with four plants and see where your journey takes you.

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Start With Soil

Soil is much more forgiving if you make a mistake. We like a perlite mix: two parts perlite mixed with one part Happy Frog potting soil and one part worm castings. Some of us use different nutrients or a couple of additives that the others don't. But we all pretty much use Advanced Nutrients products.

One of our growers relies on organic, veganic nutrients when his plants are in veg. But once they're in bloom, he switches to Connoisseur A & B from the Advanced Nutrients line. Too much fertilizer's no good: Get a chart from your local grow store—wherever you buy your nutrients, for whatever line—and follow that regimen. Don't overdo it. Sometimes, use even a little bit less than what's recommended.

Nico Escondido weighs in here: "A small bag of organic potting soil will usually do the trick just fine. Peat, coco or sphagnum-based mediums are also excellent choices. Choose an airy medium that will allow air to penetrate the root zone. Roots breathe in oxygen, while the plant aboveground breathes in CO₂. Some mediums—especially organic soils—may come with mild organic nutrients like guano or sea kelp already mixed in. This will lessen the amount of nutrients you'll need to give your plants, and they may not require any feedings at all until you begin flowering."

Nico recommends using organic nutrients whenever possible and steering clear of salt-heavy synthetics like Miracle Gro and other artificial nutes. "They'll cause more problems than they're worth," he warns.

Watering

Don't overwater your plants! With soil, every other day should be sufficient, unless it's real hot. Bigger plants need more water; in that case, you'll probably be watering every day. A good rule of thumb is to water the plants when the top of the soil or growing medium begins to feel dry. Make sure the water can drain freely from the bottom of the pot. Your grow pots should feature drainage holes on the bottom or provide some kind of escape route for the water. The perlite in your soil mix will loosen the soil and allow water to drain through more easily.

If your garden is in a closet, use a staple-gun to cover the floor with thick plastic or Mylar to prevent leakage or puddling. Placing trays under your pots is a good idea, too. Rubber floor mats beneath the plastic are extra insurance. They can be easily removed, cleaned and replaced between harvests.



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Keep lights as close as possible to the plants without burning them.



Grandoggy BX 1 is a Firestick Clique creation from Granddaddy Purps genetics.

Lights

The length of the dark cycle is very important for cannabis plants. A timer switch will ensure a regular cycle. Depending on the size of your grow space and plant count, various wattages are available for your lights: 400, 600 or 1,000 watts. (High-pressure sodium lights are ideal.) Remember that the less intense the light, the less the plant will develop. If the light provided during the day is too weak, a plant will stretch wildly and not develop well enough for a harvest. Your lights should be as close as possible to the plants without burning them. As for the distance, many growers rely on this method: Put your hand under the grow light. If it's too hot for your hand, it's probably too hot for the plants. Raise the lights until your hand feels more comfortable.

Once your plants have developed to the point where they can produce enough flowers for a decent harvest, it's time to regulate the light cycle.

Inducing the Flowering Stage

A question often asked by new growers is: "Why not just let the plant flower immediately and harvest some nice buds and get to the smoking part?"

Nico responds: "You could do that—but if a plant flowers too early, there won't be much harvest to be had. Ideally, a pot plant needs to grow, or 'vegetate,' for a few weeks before flowering. Otherwise, the harvest will be extremely disappointing."

When the plants are in veg, you can use weaker lighting than you use in the flowering area, and watching for light leaks isn't as important since a dark period isn't required. However, once your plants have developed to the point where they can produce enough flowers for a decent harvest, it's time to regulate the light cycle—12 hours on and 12 hours off each day—because the 12-hour dark period induces flowering. Also, during the 12-hour photoperiod, the plant needs the strongest light possible to produce the energy needed to create buds.

Also, it's extremely important during the dark period that no light enters the grow space. Light leaks can disrupt flowering and stress or confuse the plant, causing it to become a hermaphrodite (creating seeded flowers) or severely weakening its quality and yield.

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Proper air flow prevents bacteria and mold spores.

Air Flow

Indoor growers need to remember that plants evolved outdoors in nature for millions of years, and bringing them indoors these past 40 years to cultivate is still relatively unnatural for them. Bringing fresh air into the garden space helps prevent molds and bacteria from forming in stagnant air and water. It also helps larger growrooms stabilize humidity and temperature by preventing heat pockets from forming under intense lighting.

However, the downside is that if the intake air isn't properly filtered, growers may also be introducing new bacteria strains or mold spores into their gardens. It can be quite the paradox. This is why it's always best to use filters on both the intake and exhaust ports within your garden. Activated-charcoal filters will scrub the air well, and if you can add the UV-light option to your system, this will help ensure that no pathogens make it into your grow space. Also, remember to bring cool, fresh air in at the floor and to exhaust hotter air near the ceiling.

The next thing you'll need is an extraction system with an activated-carbon filter. Cannabis plants need carbon dioxide to grow, and they get this CO₂ from the air. If you fail to provide your growing area with fresh air, the plants will deplete all of the available CO₂. As a result, growth will slow down and

the plants will become less healthy. An extraction system sucks the CO₂-depleted air outside, which automatically brings CO₂-rich air in. The system also removes the odors that are typically released during the flowering stage.

An activated-carbon filter is a large tube filled with carbon. The carbon absorbs the chemicals responsible for the well-known odors associated with cannabis growing and neutralizes them. Nico recommends replacing the filters every year.

For a small garden, Nico recommends considering CO₂ Boost Buckets: They're very inexpensive and can bump the CO₂ in small gardens up a few hundred ppm (parts per million). The buckets are organic as well and an excellent option for home growers. Barring that, a small CO₂ tank and timed regulator will work, but this option is more expensive to set up and isn't always worth it for a small home garden.

Remember, using CO₂ in gardens that are well ventilated requires added attention to your atmospheric controls. Growers need to make sure that when their exhaust fans go on, their CO₂-injection systems shut down temporarily so as not to exhaust the valuable CO₂. Commercial controllers and timers are available to make this type of programming very simple.

Genetics

Your yield will depend on the genetics you choose and whether you're starting your garden from seed or clone. We always seem to get a better yield with seeds. Shoot for an ounce a plant: That's realistic, unless you're growing a heavily *sativa*-dominant strain. Still, a low yield doesn't matter to a lot of people—they're looking for a good head stash, and so they're more concerned with quality rather than quantity. In a small space, you obviously can't grow something that grows real tall and stretchy. Probably a short, stocky *indica* or a 60/40 hybrid is your best bet.

Cleanliness

After every harvest, scrub your pots out well. Scrub *everything* down—walls and surface areas included. You want to keep your chances of disease and pest infestation low. A mild bleach solution should do it. Also, always keep your pets out of the garden. Even if your space is ridiculously small, you can still harvest a good supply for yourself, as long as you vigilantly oversee the air quality and temperature of the room. Keep your grow op secret: If you grow great weed and start sharing the news (or the weed), you're opening the closet door for unwelcome visitors to take an unwanted interest in your deeds. Until that day when legalization for everyone finally arrives, be careful! 🌿

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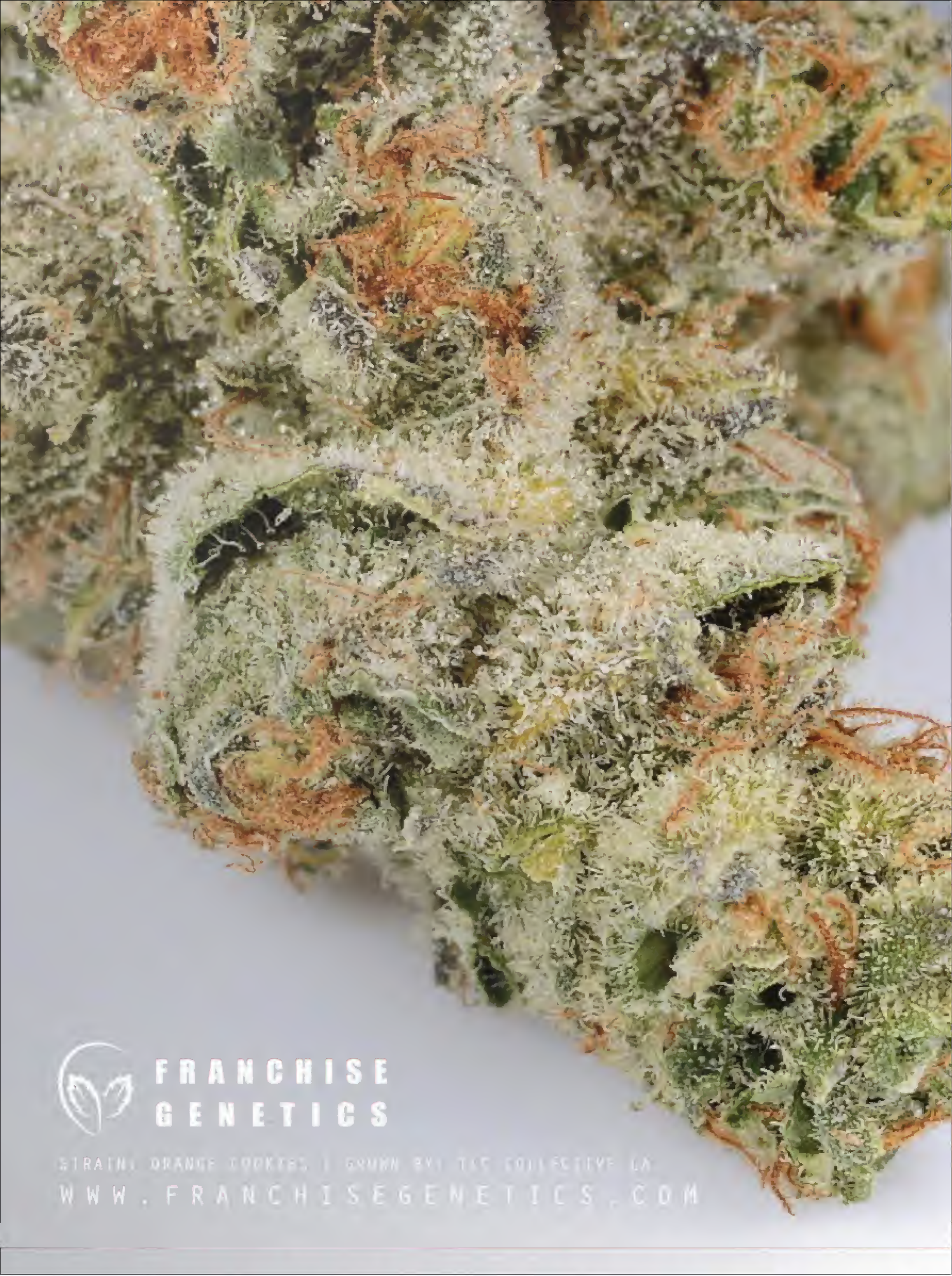
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Holland's Qu andary

Eighteen months after High Times staged its last Cannabis Cup in Amsterdam, we ask: How legal is Dutch weed really? *By Graham Dockery*

The working day of a coffeeshop manager in Amsterdam is a hectic one. In addition to serving the steady stream of customers who visit his shop, Mo has to meet with suppliers and drive back and forth across the city, transporting his wares from his stash house to his place of business.

Mo's shop, Happy Days, is a small one in the south of Amsterdam. Coffeeshops are free to operate here, so long as they refrain from advertising, causing a "nuisance," selling hard drugs or large amounts of pot, and selling cannabis to minors.

However, all of the weed that Mo does sell is illegally sourced. "I meet [the dealer] somewhere quiet, do the deal and then stash the weed in a different location," he says. This is a necessary precaution, since the coffeeshops can have no more than 500 grams on their premises at any one time—and the police make sure this rule is obeyed with random inspections.

"Every coffeeshop owner is a criminal," Mo tells me. "The current laws mean that I have to drive across the city transporting the weed and hash with no license to do so. It's impossible to work normally this way, and I'm more scared of the police than the dealers I buy from."

But in the Netherlands at present, there's no alternative to sourcing cannabis illegally. While Dutch policy allows the coffeeshops to sell pot, cultivation remains illegal. "I'd like to see things change—a lot," says Mo. "It's not easy to run a company this way."

Don't Ask, Don't Tell

Much of the Netherlands' cannabis comes from the southern province of Brabant, where illegal growers—many of them working for organized crime—produce an estimated 1 billion euros' worth annually.

As well as yielding some 340 tons of cannabis each year, the open farmland of Brabant is home to much of the country's methamphetamine and ecstasy production. Last year, the police shut down 14 labs and 30 storage points.

For the better part of two decades, Dutch law enforcement has maintained a “don't ask, don't tell” policy regarding where the coffeeshops source their cannabis. Large-scale grow ops are most definitely illegal, but the police usually won't press a coffeeshop owner to reveal his or her suppliers. Growers, however, will usually be prosecuted to the full extent of the law if they get caught.

“The current system, in which you can sell cannabis but not grow it, is unsustainable,” declared Magda Berndsen, a member of the Dutch Parliament, last year. “It ensures high health risks, costs too much police capacity and is a threat to public safety.”

Heads in the Sand

Many people here think the government isn't doing enough to resolve this dilemma. Berndsen, a member of the progressive political party known as Democraten 66 (D66 for short), says: “Local administrators have called on the government and Parliament to introduce a national system of certified and regulated hemp. But the government doesn't listen to the mayors and does nothing to solve local problems.”

In fact, 41 municipalities have endorsed a manifesto calling for cannabis cultivation to be legalized and regulated, and 25 have applied to the Dutch minister of justice for permission to experiment with legal cultivation and supply. To date, the government hasn't approved a single one of these applications. But in a poll taken last year, 70 percent of the Dutch people surveyed supported legalizing cannabis cultivation, and only 5 percent thought that cracking down on growers should be a police priority.

Berndsen estimates that legalizing and regulating the supply side of the cannabis industry could net the Dutch government 500 million euros annually: 200 million in savings from the police and courts system, and 300 million from a tax on legal weed. One need only look to Colorado for an example: In 2015 alone, the state collected nearly \$100 million from its marijuana sales tax, licenses and fees.



Legalizing and regulating the supply side of the Dutch cannabis industry could net the government 500 million euros annually.

Local Knowledge

Of course, Colorado's marijuana policy differs sharply from that of the United States. The US government is just beginning to shake off the hangover of its failed War on Drugs. In the Netherlands, local governments and judiciaries have worked within the country's ambiguous federal laws to try and shape drug policy to meet the unique needs of their areas. For example, when the government proposed implementing a “weed pass” in 2011—which would have allowed only registered Dutch smokers to patronize the coffeeshops—it was blasted by the mayors of the Netherlands' four largest cities: Amsterdam, Rotterdam, The Hague and Utrecht.

The proposal was shelved by the coalition government in 2012, but the “weed pass” was intended to regulate only the “front door” of the nation's coffeeshops, whose supply was still being provided by illegal growers coming in through the back. However, in other encouraging news, Dutch judges are becoming more flexible in their application of the country's cannabis laws.

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Plants approach completion at Cannabis College.



Tam (right) believes unjust laws should be broken.

Enter the Altruists

Needless to say, not every cultivator in the Netherlands has ties to organized crime: Some supply local coffeeshops offer high-quality cannabis, grown organically and without stolen electricity or connections to criminal gangs. These people have been dubbed “altruistic growers.”

In 2014, a middle-age couple in Groningen province were pardoned by a district judge, who recognized that the couple had been running an illegal pot plantation but were altruistic growers who had acted with a high regard for public safety and the health of consumers. (Last year, public prosecutors appealed that ruling, and the couple received a three-month suspended jail sentence.)

“These were people who decided a long time ago that Dutch cannabis policy was untenable in its current state,” says Sidney Smeets, the couple’s lawyer. “They grew in a very respectful way—all organic and with no pesticides. They only sold to licensed coffeeshops and paid their taxes.

“We had to argue vehemently for the pardon, but the judge followed our argument,” Smeets adds. “We’ve always argued that the lack of courage in Dutch politics to provide fitting regulation... shouldn’t be something that normal Dutch citizens get punished for.”

In another high-profile case last year, cannabis activist and altruistic grower Doede

de Jong was found guilty of large-scale cultivation but was pardoned on appeal. The court recognized, as it had in the case of the Groningen couple, that de Jong provided a safe and honest alternative to the cannabis being grown by organized criminal groups.

“If politicians won’t make adequate laws, then judges shouldn’t convict people based on inadequate laws,” Smeets asserts. “But some judges are more lenient than others.”

D66 has been pushing to reform the Netherlands’ cannabis policy for years, while Justice Minister Ivo Opstelten has consistently refused to sanction any form of legalized and regulated pot.

Where to Go From Here?

The Cannabis College, in the middle of Amsterdam’s Red-Light District, is a tourist attraction and information center. There, staff member Tam provides a brief history of Dutch drug policy to curious visitors and makes his case against prohibition, all while offering hits from his vaporizer.


“Policy should be developed based on real-life experience—but at the moment, that’s not happening,” Tam says. “I believe that if there’s an unjust law, you have an obligation to break it.”

Last year, the D66 party brought draft legislation to Parliament seeking to exempt pot growers from current drug laws—a small step toward legalization. D66 has been pushing to reform the Netherlands’ cannabis policy for years, while Justice Minister Ivo Opstelten has consistently refused to sanction any form of legalized and regulated pot.

Until that changes, Mo will still have to source his weed from illegal cultivators; the altruistic growers will still need sharp lawyers and sympathetic judges to stay out of prison; and Tam will still be preaching about breaking unjust laws. And as other countries, including the United States, Mexico, Chile and Uruguay, liberalize their own cannabis laws, the Dutch policy of “tolerance”—once a model for the rest of the world—will come to look more and more antiquated. ✨



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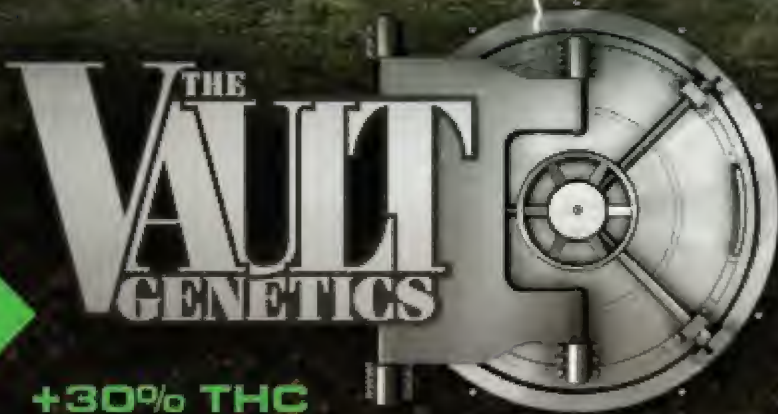
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Our national stoner holiday in Denver kicked off in a cloud of smoke, courtesy of B-Real.



Rocky Mountain 420

At the stroke of midnight, B-Real lit up and Cypress Hill took the stage at the Ogden Theater in Denver, ushering in our national stoner holiday. A potent musical lineup had already primed the crowd for 4/20. Action Bronson had stoked it. Chronixx & Zincfence Redemption had elevated it. And George Clinton, as always, whipped up a smoke storm of Mile High-powered funk! Plus, the top pot products of the Rocky Mountain State were honored at the Colorado Cannabis Cup Awards.

KIM SIDWELL, DAN SKYE



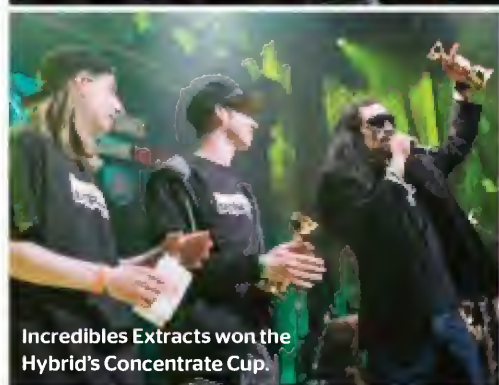
George Clinton directed a funkified, high-energy performance at center stage.



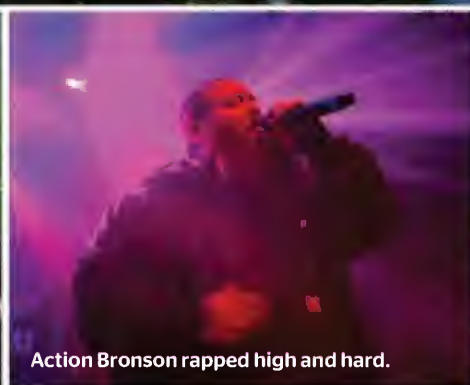
MMJ America took the Cup for Best Indica Flower and Best Indica Concentrate.



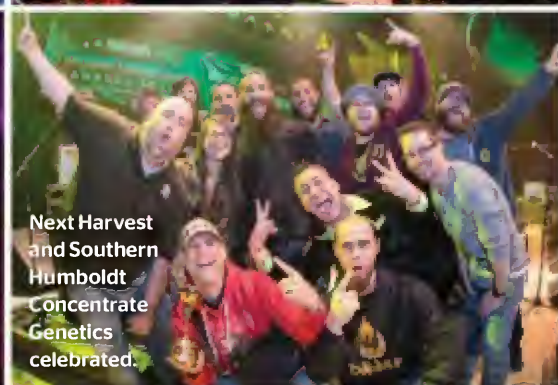
Chronixx & Zincence Redemption rocked the Rockies.



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Action Bronson rapped high and hard.



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Cannabis Cup Results

BEST SATIVA FLOWER

First Place Ghost Train Haze by Green Man Cannabis Downtown

Second Place Bob Saget by Natural Remedies

Third Place J-Walker by MMJ America Boulder & The Vault Genetics

BEST HYBRID FLOWER

First Place Star Killer by Green Man Cannabis Downtown

Second Place Gorilla Glue by Natural Remedies

Third Place Don Shula by Dank by Pank

BEST INDICA FLOWER

First Place Larry Walker OG by MMJ America Boulder & The Vault Genetics

Second Place Chem D.O.G. by Next Harvest

Third Place Burkle by Dank by Pank

BEST SATIVA CONCENTRATE

First Place Bloody Banana Split by The Next Harvest w/ Southern Humbolt Concentrate Genetics processed by Concentrate Supply CO

Second Place Glaze #4 (Live Resin) by Sacred Seed & Rootseller

Third Place Jacked Super Lemon Live Resin Batter by The Lab

BEST HYBRID CONCENTRATE

First Place Orange Soda Shatter by Incredibles Extracts

Second Place Viper Cookies by MMJ America & Moxie

Third Place Headband Live Resin Budder by Concentrate Remedies/Natural Remedies Tech LLC

BEST INDICA CONCENTRATE

First Place Cherry Kush Live Resin Batter by MMJ America Boulder, Kushies Concentrates, The Vault Genetics

Second Place Skywalker Kush by Herbal Healing

Third Place Chem #4 OG Live Resin by Native Roots Colorado

BEST NON-SOLVENT HASH

First Place Kosher Sleestack 70-119 micron water hash by Fox Cannabis Co, The Proper Extracts & DNA Genetics

Second Place Peach Ringz 90 micron Water Hash by MMJ America Downtown, Kushies Concentrates, The Vault Genetics

Third Place Lemon OG Solventless Rosin Batter by Essential Extracts

BEST CBD FLOWER

First Place Rubicon by The Green Solution

Second Place Tora Bora by MMJ America Downtown & The Vault Genetics

Third Place Royal Highness by Herbal Healing

BEST CBD CONCENTRATE

First Place Desert Ruby by Nectar Bee

Second Place Tora Bora Curese Resin Sap by MMJ America Downtown, Kushies Concentrates

Third Place 98 Strawberry Kush Oil by The Lab

BEST EDIBLE

First Place The Crescendo Collection by The Grow Foundry DBA Coda Signature

Second Place Blueberry-Chamomile FlasQ by MarQaha

Third Place Salted Pistachio Mint Bar by Incredibles

BEST CBD EDIBLE

First Place Black Cherry CBD Bar by Incredibles

BEST TOPICAL

First Place Cannabis Infused Pain Relief Salve by Mary Jane's Medicinals

Second Place Citrus Pine Spice Sugar Scrub by Nectar Bee/The Green Solution

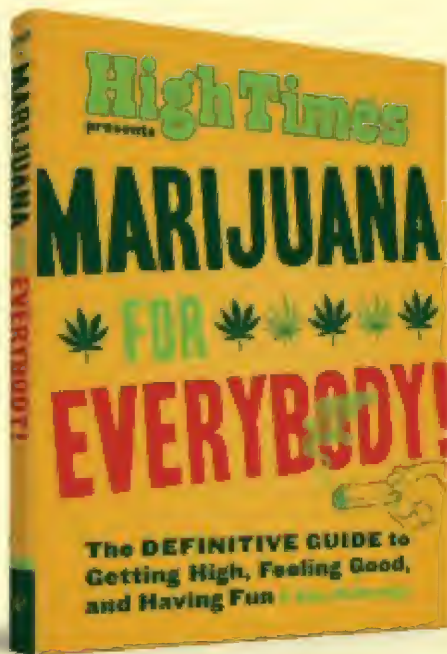
Third Place TrueTransdermal Cannabis Infused Creams by iovia

BEST VAPE PEN CARTRIDGES

First Place O.pen Vape Craft Reserve by O.pen Vape

Second Place Sourband E-Pen by Incredibles Extracts

Third Place 500mg Oil Stix Uncut Cartridge by Keef Cola/Denver Packaging Company



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Footprint: 4'x4'

Infrared/Ultraviolet Diodes: Yes

XL1000



Dimensions: 26"x20"x3.5"

Weight: 36lbs

Actual Wattage: 650w, 120-240v

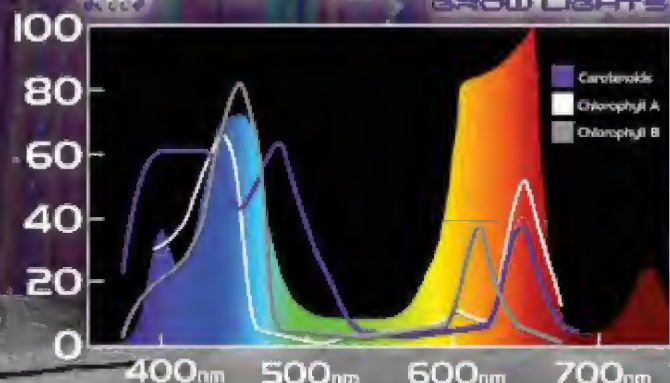
HID Wattage Equivalent: 1000w

Total Diodes: 320

Footprint: 5'x5'

Infrared/Ultraviolet Diodes: Yes

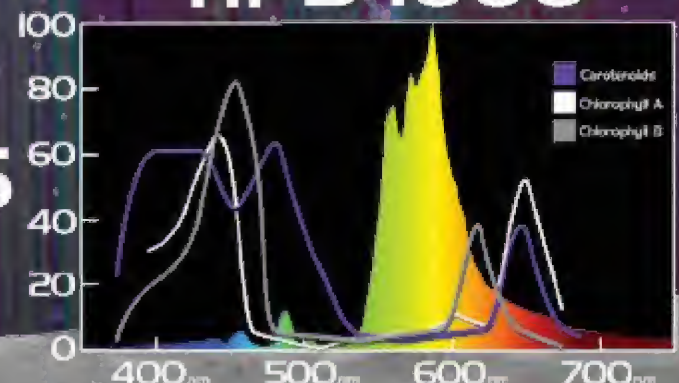
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The Beatles and Dylan having a “laugh.”

How Dylan Turned On the Beatles

In his new book *How to Smoke Pot (Properly)*, marijuana journalist David Bienenstock provides a valuable “headiquette” lesson outlining the dos and don’ts of getting someone high for the first time. In the following excerpt, Bienenstock examines how some of the 20th century’s most influential artists first got stoned.

Even the great and exalted Bob Marley once smoked ganja for the first time. And he probably asked a bunch of dumb questions and coughed too much throughout. So if you’re ever called upon to help guide an uninitiated friend or relative into the wonderful world of herbal delights, you must strive to remain exceedingly patient, kind and accommodating throughout the proceedings—no matter what. Remember: “Doob unto others.” Also, make sure your friend’s potentially auspicious first puff takes place in a comfortable, safe, familiar setting, ideally among a small group of close friends. And don’t ever let things get overly uptight or, conversely, totally freaked-out—not for the initiate, or for you.

After all, getting someone high for the first time is both a great privilege and

a serious responsibility, not to mention an excellent opportunity to recall the heady feeling of your own early days in the herb game. So rather than coming on as some kind of guru or guide, just relax, let nature run its course, and try to recapture a bit of your own “beginner’s mind” when it comes to marijuana. If you can achieve that exalted plane, you just might end up having a transcendent journey of your own.

“It’s my experience that to smoke marijuana for the first time is to explore the limits of hilarity, only to find that there are no limits,” famed music journalist Al Aronowitz once noted—an observation eerily reminiscent of my own first time behind a bowling alley. “You laugh so hard that you want to laugh that hard again, so you smoke marijuana again. And again and again and again and again. I’m told that few ever really

succeed in laughing that hard a second time, but I did. The two biggest laughs of my life were the first time I smoked marijuana and the first time the Beatles smoked it.”

Aronowitz didn’t “turn on” the Beatles (who later used “let’s go have a laugh” as their private code for getting high) so much as he introduced them to Bob Dylan, who gladly did the honors. The deal went down on August 28, 1964, at New York City’s swanky Delmonico Hotel. Upon arrival, Dylan mistakenly believed the Beatles (whom he was meeting for the first time) already smoked grass, based on a misheard lyric in “I Want to Hold Your Hand”—leaving John Lennon to bashfully point out that the lads from Liverpool were actually singing “I can’t hide,” not “I get high,” on the chorus.

From there, a scene unfolded straight out of a B-movie stoner comedy, only

it starred some of the 20th century's most influential and enduring artists at the very outset of their storied careers. According to Aronowitz's lengthy first-person account of the encounter in his book *Bob Dylan and the Beatles*:

The Beatles wanted to know how the marijuana would make them feel, and we told them it would make them feel good. I still hadn't learned how to roll a joint in those days, so when the Beatles agreed to try some, I asked Dylan to roll the first joint. Bob wasn't much of a roller either, and a lot of the grass fell into the big bowl of fruit on the room-service table.

Dylan first offered the joint to Lennon, but the group's unofficial leader immediately handed it to Ringo, demanding the drummer serve as the other Beatles' "royal taster"—ostensibly to make sure the drug didn't prove poisonous or provoke insanity before the rest committed to trying it. So Ringo started inhaling. At which point the first Beatle to get high immediately (though unwittingly) committed one of the very few major pot faux pas we outlined earlier, as Aronowitz explains:

As Ringo kept taking hits, Bob and I waited for him to pass the joint to John, who was sitting right next to Ringo. But the Beatles were unacquainted with the rituals of pot smoking. Pot smokers share joints because it's precious stuff. It's illegal, expensive and not easy to get. Pot smokers don't waste any smoke letting the joint burn idly like a cigarette I neglected to instruct Ringo about passing the joint, and it was obvious that he was going to hold onto it as if he were smoking a cigarette filled with tobacco. I didn't want to risk the possibility that the Beatles might recoil from the idea of passing a joint from lips to lips like a bottle shared by winos on a street corner.



Dylan first offered the joint to Lennon, but the group's unofficial leader immediately handed it to Ringo, demanding the drummer serve as the other Beatles' "royal taster"

A delicate moment indeed, which Aronowitz ably resolved by asking Dylan's rolling-adept road manager to quickly produce a few more joints, until everybody had one of their own. Then, since Ringo had gotten a head start on getting high, he started to feel the effects first, and unleashed a ripple of laughter that quickly reverberated throughout the room.

Soon, Ringo got the giggles. In no time at all, he was laughing hysterically. His laughing looked so funny that the rest of us started laughing hysterically We kept laughing at one another's laughter until every one of us had been laughed at. There also came a certain point when Paul realized he was really thinking for the first time in his life, and he also realized that this was a great occasion. He told [Beatles road manager] Mal

Evans to get a pad and a pen and to write down everything he said.

Unfortunately, more than 50 years later, that historic document either remains in private hands or has been lost to history forever. But what we do know is that shortly after their fateful encounter with Bob Dylan, the Beatles would start to rapidly transform their music from the teenybopper bubblegum pop sound that made them global sensations into the more experimental, expansive, psychedelic explorations that kick-started the social and political upheaval of the '60s and helped usher marijuana into the mainstream. All because Al Aronowitz made every effort imaginable to ensure that the Fab Four's first time getting high went smoothly, despite a lot of awkward tension in the room as the world's biggest music stars took great pains to show each other proper deference.

"Allen Ginsberg would afterwards ask me if

this initial meeting between Bob and the Beatles was *demure*," Aronowitz wrote, "and that is exactly the right word for it." At least until things broke out into a spontaneous, all-encompassing five-way laughing fit.

Ginsberg, the famed Beat poet, author of *Howl* and running buddy of Jack Kerouac, by the way, also put great stock in the personal insights gained the first time he got high—as he much later explained to Larry "Rats" Sloman in his 1998 book *Reefer Madness*:

When I smoked grass [the first time] I suddenly realized how amazing it was that on the evidence of my own senses, which I did not doubt, here was a very mild stimulator of perception that led me into all sorts of awes and cosmic vibrations and appreciations of Cézanne and Renaissance paintings and color



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and tastes. And here was this great big government plot to suppress it and make it seem as if it were something diabolic, satanic, full of hatred and fiendishness and madness It was the very first time I ever had solid evidence in my own body that there was a difference between reality as I saw it myself and reality as it was described officially by the state, the government, the police and the media. From then on I realized that marijuana was going to be an enormous political catalyst, because anybody who got high would immediately see through the official hallucination that had been laid down and would begin questioning, "What is this war? What is the military budget?"



Author Norman Mailer found that, after smoking pot, "I became real to myself for the first time."

I was out in the car listening to the radio. Some jazz came on. I'd been listening to jazz for years, but it had never meant all that much to me. Now, with the powers pot offered, simple things became complex; complex things clarified themselves. These musicians were offering the inner content of their experiences to me.

So, to recap: When the Beatles tried pot for the first time, they metamorphosed from a hard-drinking, pill-popping, commercially oriented boy band into harbingers of a coming peacenik psychedelic revolution; when Allen Ginsberg got high, he started questioning authority and exploring the illegitimacy of the government; and Norman Mailer's first dance with Mary Jane offered powerful insights into himself that, somewhat paradoxically, also opened him up to an empathic understanding of another culture's art and experience.


No wonder the powers that be are afraid of this herb! ✨

Adapted from How to Smoke Pot (Properly). Order it at davidbienenstock.com.


That powerful realization led Ginsberg to co-found America's first pro-marijuana lobbying and activism organization and become a lifelong advocate not just for cannabis liberation, but for the demise of repressive regimes around the world. He also conspired with author Norman Mailer to hijack a live episode of a national television talk show and use it as a platform for America's first substantial, fact-based discussion of marijuana in a public forum since the herb was made

federally illegal in the 1930s.

Mailer, though less enthusiastic than Ginsberg, agreed to the plan in honor of his own reverence for the herb. In a *Paris Review* interview, the controversial, iconoclastic novelist once claimed that his lifelong habit of intense self-analysis "started with marijuana because I found that, smoking marijuana, I became real to myself for the first time." He later described to *High Times* a more sensual herbal epiphany that struck him the very first time he got high:



CANNABIS ENCYCLOPEDIA



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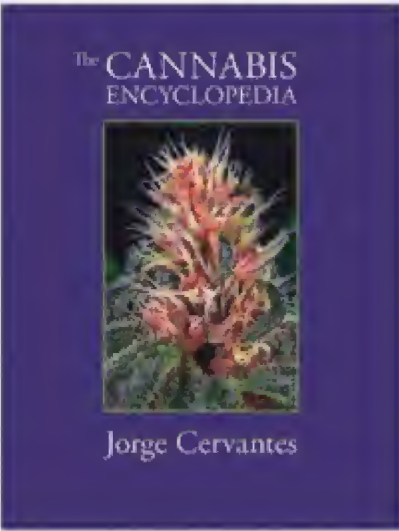
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INTERVIEW BY
DREW MILLARD
PHOTOS BY
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WIZ KHALIFA

THE HIGH TIMES INTERVIEW

WIZ KHALIFA IS FLYING HIGH, AND HE'S ONLY GETTING HIGHER. EARLIER THIS YEAR, THE 28-YEAR-OLD HIP-HOP MUSICIAN RELEASED HIS SIXTH ALBUM, *KHALIFA*, A WINNING COMBINATION OF STORYTELLING, SLICK TALK, AND ODES TO THE PLENTIFUL JOYS OF MARIJUANA, LAID OVER A LUSH BED OF STADIUM-SIZED BEATS.

KHALIFA, WHO HAILS FROM PITTSBURGH, OCCUPIES AN IMPORTANT PLACE IN HIP-HOP. WITH HIS LEGION OF FANS AND HIS ENDLESS PARADE OF HIT SINGLES, HE'S ONE OF THE GENRE'S MOST VISIBLE FIGURES, BUT HE ALSO TAKES CARE TO MAINTAIN TIES WITH ITS UNDERGROUND AND TO SERVE AS AN AMBASSADOR FOR MANY OF RAP'S DEEPLY HELD TRADITIONS. HE'S RECORDED TRACKS WITH LEGENDS LIKE EASY MO BEE, MAX B AND JUICY J—WHO IS SIGNED TO KHALIFA'S TAYLOR GANG LABEL—AND THESE SONGS OFTEN SERVE AS A YOUNG FAN'S INTRODUCTION TO SUCH VITAL ARTISTS.

MEANWHILE, KHALIFA CRAFTS ALBUMS AND MIXTAPES THAT MINE A VARIETY OF SONIC TERRITORIES, FROM TRAP (HIS *ROLLING PAPERS* SERIES) TO SMOOTH WEED-RAP (HIS BREAKOUT *KUSH & ORANGE JUICE*) TO THE POP APPEAL OF HIS LATER WORK. HE'S THE PERFECT GATEWAY DRUG FOR SOMEONE JUST GETTING INTO THE GENRE, AND IT'S A ROLE THAT HE TAKES SERIOUSLY.

ALWAYS AN ARDENT SUPPORTER OF POT, KHALIFA IS NOW DIPPING HIS TOES INTO THE BOOMING LEGAL-WEED INDUSTRY WITH THE LAUNCH OF KHALIFA KUSH, HIS OWN *INDICA* STRAIN, WHICH WIZ CLAIMS WILL KNOCK THE SOCKS OFF EVEN THE MOST ARDENT OF STONERS.

WE KICKED IT WITH WIZ IN LOS ANGELES BEFORE HE WAS SET TO JET OFF TO FRANCE, DISCUSSING MUSIC, MARIJUANA, POLITICS AND EVERYTHING IN BETWEEN.

Wiz gets elevated.



How much weed are you smoking these days?

I smoke pot all day. I wake up and get high. But I'm more like an on-the-low stoner now. I like to get high and be high when I'm places, as opposed to just smoking everywhere like I used to. I prefer *indicas*—they help me out the most. Some people say they slow you down, but they pick me up.

Does marijuana help you creatively?

Weed just kind of helps me slow things down and think about them a little more. When I'm creative, I can be thinking really fast; the ideas just shoot all over the place. But if I'm stoned, I use my imagination to just hold onto that. That's the main thing.

When did you first start smoking?

I started smoking with my homies. I was just in the studio chilling. I really didn't get high before that, and then one day it was just like, you know, get high and write a rap.

Who were some early favorite artists to smoke to?

Anything Three 6 Mafia, Project Pat, Bone Thugs-N-Harmony. As I got older, I started to smoke to old-school music. I used to smoke to trap shit—like really super-hood music.

Where do you like to smoke?

I usually smoke in the studio, like in the outside room or something like that, or in the lab while I'm recording. I'm just walking around smoking everywhere. At least I could if I wanted to—it's just that I don't really feel like it anymore.

As somebody who's seen a lot of different parts of the world, how do you feel the perception of weed differs in various parts of America, or even Canada or Mexico?

People are still scared of



Bonding with the herb

weed. They don't really understand it, or how it works or why it should be legalized. So when you see somebody who's free and open about it, it's not really as accepted as people think it is.

Do you feel a responsibility to be open about it as a way of changing public perception?

I mean, I don't really feel a responsibility to do it—it's just what I do. I'm really good at showing the upside of things, being that I smoke weed and I'm functioning. It kind of gives it a better face, just that right there. And then I can speak to people and say things that can change their minds as well. But just off of looking at me or smelling me, you're probably going to get freaked out.

What role does marijuana play in your creative relationships?

It's how we bond! It's like the first thing we do. It's like, "Hey, what's up?"—then I shove a jay in your mouth. I always have the best weed, so when I see my boys, I just

give them some of my bomb-ass weed.

Weed is also how you linked up with Berner, the legendary Bay Area marijuana entrepreneur and rapper who's now on your label.

Yeah! I was on tour in the Bay, and I knew Mistah F.A.B. from the internet. He's a Bay Area rapper, and I just randomly called him and was like, "Yo, I need some weed. I'm in the Bay. I know there's some bomb-ass shit out here." He was like, "Go see my man Berner. He's in the hood, but it'll be straight." That's how I met Berner, man. We've been brothers ever since.

You really seem like a student of hip-hop. You've signed regional legends like Berner, Ty Dolla \$ign from Los Angeles, and Juicy J (of Three 6 Mafia) from Memphis.

I just got to go off of my personal taste. I study the game; I study music. I also come from a place that's like—it's hood in Pittsburgh, so my general perception is

"People are still scared of weed. They don't really understand it, or how it works or why it should be legalized."

modeled on how hood niggas think. We're a tough crowd, but if we fuck with you, we're going to ride for you. So when I've got the chance to change people's perception of these artists, I jump at it. Juicy J is a genius, so he needs to be seen in that light. Berner is the ultimate hustler, and he's great at what he does; he needs to be seen in that light. Ty is an awesome writer and a superstar in the making, so he needs to be seen in that light.

Speaking of Pittsburgh, one of my favorite songs off *Khalifa* is "Cowboy," which touches on the violence there. It derails the typical narrative of the young hustler by having its main character murdered at the end. It's not a morality tale—it just feels real.

"Cowboy" is a cool song because it describes Pittsburgh perfectly. A lot of people don't know that that's where I come from. I don't talk about it much. But the violence there is crazy, and it's just between young black people. People have a slim chance of making it out of the hood there. Pittsburgh is really small, so the violence hits home with me a lot. I lost my 20-year-old uncle two years ago. He got shot in the back of his head.

Oh my God.

For no reason. And this shit, it just keeps happening. It's always young black kids. So me rapping about that, and the song having a violent twist to it, it wasn't me trying to be tough or say, "Yo, I'm from the hood"—it's what really happens. That's what motherfuckers, when they hear it, they know I'm really talking about where I'm from.

ADVANCED NUTRIENTS PIONEERS MARIJUANA GROWING EDUCATION

Advanced Nutrients has recently launched **Grow Med University (GMU)**, a free, self-directed online hydroponics course that reveals the latest techniques, tips, tricks, and technology used by the most competitive marijuana growers in the world.

Step-by-step tutorial videos, white papers, efficacy reports, and informative scientific articles allow any grower with an Internet connection to hone their skills and help produce their best harvest yet, free of charge.

Why Marijuana Growing Education Is a Top Priority for Advanced Nutrients

The medical marijuana industry is growing every minute. Legal marijuana is the fastest-growing industry in the U.S. and a slew of other businesses are jumping on the bandwagon as well. At present, 23 U.S. states allow medical-marijuana use, while 7 have legislation pending to issue licenses for it.

4 states and Washington, D.C. have legalized cannabis outright, while another California referendum in 2016 will allow recreational use in a state that was the first to permit medical marijuana use way back in 1996. It is estimated that medical marijuana is already a multibillion-dollar industry (without counting recreational sales).

While a great deal of information and misinformation appears daily on the Internet, novices and more advanced growers alike are always looking for a source of reliable information which can serve to improve their yields, both in terms of quality and quantity. A whole community of growers inhabit the growers' forums and are always looking to perfect their growing skills, without having to wade through hours and hours of irrelevant or misleading forum posts.

GMU is a bold step in a better direction, and by elevating the general level of education among growers, the quality of marijuana, especially as medicine, will skyrocket worldwide. This isn't just for connoisseurs. It's for children with epilepsy, as well as adults suffering from the effects of chemotherapy, chronic pain, and glaucoma. Thousands of YouTube videos help document the impressive results of therapeutic cannabis use.

Grow Med University is a course representing the cumulative experience of scores of the most competitive growing experts. From day one, it was envisioned as a community-driven resource, providing much needed knowledge to the medical-marijuana community. If you have a passion for hydroponics and growing marijuana to help patients get rid of illness and pain, then **Grow Med University** is for you.



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I think that's the power of hip-hop, in a way: It gives you the opportunity to tell stories that everyone else is ignoring.

Yeah, exactly.

I feel like at this point in your career, you're a young OG. You've been incredibly successful since you were a teen, and now you're an influence to a younger generation. But at the same time, you really work to educate fans about what's come before you. What does that role mean to you?

It means a lot, especially if you recognize that I do my homework—I only pay attention to the greats. I love music and I study music: The way that I'm into it, I want everybody else to be into it like that, too. So that's why I stay on top of my game. It's not about me so much personally—I'm not trying to be the richest or flashiest rapper, but I'm going to give you everything that comes with me so you can see how to work within the rap game correctly.

What's the best Wiz Khalifa album to smoke to?

Everybody's going to say *Kush & Orange Juice*, but I'm going to say *Prince of the City 2*.

Do you approach every record with a different mindset?

Yeah, totally. It's really based off of my life and where I'm at; that's where I get my subject matter from. But the music—like the groove and the vibe—is usually a culmination of me trying something new, based off of what I hear. If people are doing one thing, I'm trying to figure out something totally different. And then I get really bored and frustrated with other people's music, too, because



The Pittsburgh native is flying high.

"The music—like the groove and the vibe—is usually a culmination of me trying something new... If people are doing one thing, I'm trying to figure out something totally different."

everything sounds the same.

That seems like it would be a cause of frustration as an artist: As soon as you figure out a cool new thing, everyone else just copies you.

[Laughs] For sure.

You'll do cruising music, then something really hard, and then something really poppy.

It's crazy, man. It took me a long time to develop my style. A project like *Star Power* can be heavily Bay Area-influenced, while *Kush & Orange Juice* can show the cool side of me and *Cabin Fever* can show the hood side of me. A lot of people don't know I originally intended to do *Kush & Orange Juice* and

Cabin Fever back to back. But everybody latched onto *Kush & Orange Juice* really quickly. It was good for me, but I always had it in the back of my mind that I had a bigger story for people.

***Kush & Orange Juice* was an unprecedented success for you. Because of its singular sound and your diversity as an artist, do you ever feel like its success almost pigeonholed you?**

I don't feel like that at all, because every artist needs a classic. People fight for that, and they starve and fucking break their backs to try to get that classic, that *Illmatic*, that one record that people won't ever stop talking about. And fuck—I did it!



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At a very young age, too.

We have an upcoming presidential election. Do you think the candidates should be talking more about legalization and other issues surrounding weed?

I think it would help, because our vote counts. I feel like the more people are pro-weed, the more you'll get a different crowd coming out to vote. But there's a lot of shit going on. When you talk about just one or two things in politics, it's cool—but at the end of the day, let's worry about black people. The government needs to quit shooting us.

You just did a song with the legendary Harlem rapper Max B, who's currently incarcerated. What's your relationship like?

We're cool. It's just like a friendship thing: As long as I know he's supported, I don't even get to do nothing crazy to get in the way, you know what I mean? I'm going to talk to him here and there just to make sure his soul is all right. We don't even get to talk about music—we just laugh together.

How do you stay on top of culture with such a busy schedule?

Really, me and my homies talk a lot; I like to have intelligent conversations. We all just bring it back together. A lot of it is that I just pick up on information. I'm really opinionated too, and I feel like I know a lot of shit without even knowing it. So I might just say some shit without even really knowing about it, but it sounds like I know what I'm talking about. [Laughs]

I think that comes with traveling the world.

It expands your mind. Like, now I want to learn a different language. I never really cared to, but I feel dumb when I go places and I don't know what they're saying. So

it's like, "Fuck, I got to learn a whole 'nother language, man. Fuck it."

"Call Waiting" is another of my favorite songs on Khalifa. It has almost a soulful reggae vibe to it. Would you ever consider making a reggae album?

It would be fun to make an album full of songs like "Call Waiting." That's my soul coming out; there's a lot of feeling in that song. The writing in there is really good, because it sounds like I'm talking about a girl, but I'm actually talking about the weed man. The weed man can play with your emotions, you know what I'm saying? So I just wrapped the emotions up and made it sound like I was talking about a girl. I would love to make a reggae album where every song was a love song about weed.

You're releasing your own strain soon, called Khalifa Kush. Care to talk about that?

Yeah, so Khalifa Kush, we're actually growing it—I've seen the actual babies, and they're getting big. The first batch is almost ready, and it's going to be out and available on 4/20 in dispensaries. It's straight Kush, but it's an upper. Everybody thinks that when you smoke Kush, it brings you down, but it really brings you up. It's super-strong, too, so take it in small doses. Unless you're a power smoker, in which case, smoke up!

What inspired you to put it out?

I just kind of wanted to do my own Kush for my personal use, and it turned into an opportunity to help everybody else out. I started realizing, "Wow, this isn't just kid weed—this is sophisticated pot right here."

Weed is the new wine.

Yep. It's wine, and Khalifa Kush is at the top of its—fuck it, whatever the word for the best wine is. ✨

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I BET IF WE GOT 'EM TO TRY ONE OF OUR FAMOUS 'KOZMIK KUSH KOOKIES'...

YAH AND NOW YOU GONNA DO DAT, MAHN?

NEXT DAY...

SENATOR!

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SENATOR CHUNKY! OVER HERE!

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OH YES!

THE ENTREPRENEURIAL SPIRIT IS ALIVE AND WELL HERE!

SO FELLAS, WHAT KINDA COOKIES ARE THESE?

THE GOOD KIND!

CRUNCH CRUNCH

I'LL JUST TRY A FEW!

HEY!

I KNOW WHAT THESE TASTE LIKE!

UH OH!

SO... GETTING BUSTED... THAT WAS PART OF YOUR BIG PLAN?

THEY TASTE LIKE...

MORE!

UHHH... I THINK YOU'VE HAD ENOUGH!

SOMETHING IN THESE COOKIES TASTES LIKE... HMMMM...

WHAT?!

I'M A \$%&#! U.S. SENATOR! I'LL TELL YOU WHEN I'VE HAD ENUFF! LEANNE AT THOSE \$%&#! COOKIES!

YIKES!

WOW!...DUDE MUST'VE EATEN AT LEAST TWO DOZEN COOKIES!

HADN'T REALLY PLANNED ON THAT HAPPENING!

MAYBE WE SHOULDN'T BE HERE WHEN THEY ALL KICK IN! KNOW WHAT I MEAN, MAHN?

OH YEAH!

LATER...

IN FURTHER POLITICAL NEWS, AFTER GIVING A RAMBLING, INCOHERENT SPEECH TODAY, SEN. CHUNKY HAS SAID HE IS DROPPING OUT OF THE PRESIDENTIAL RACE AND WILL NOW BECOME A FULL-TIME SPOKESMAN FOR SERIOUS MONKEY BIZZNESS...

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SUBJECT: **Topping Flowering Plants**

FROM: **Tre**

🌱 I have a few plants that have been in the ground since late May. Two of my plants are 12 feet tall. I'm concerned because a few of my neighbors have commented. The buds are just starting to form, so they're not ready for harvest. What if I was to top off, say, a foot of the plant to make it less visible? Would that kill it?

Dear Tre,
Topping your plants while flowering won't kill them, but it will surely effect their yield. Taking off the main branches after flowering has begun will heavily impact your future harvest weight, limiting what you reap from those branches. The side branches will end up filling out a bit more, so it may not be a huge loss, but all topping should be done during the vegetative stage, and preferably not within two weeks or so of the plant starting its flowering stage.

Topping flowering plants decreases yield.



Danko Tip: When using extension cords, always be sure the cord matches or exceeds the wattage rating of whatever appliances you're plugging in to avoid fires.



Outdoor plants in full sun can grow incredibly huge.

SUBJECT: **Harvesting Outdoors**

FROM **Conner**

🌱 I've done small grows the past two summers, so I'm basically a beginner. I just want to be able to grow the best marijuana I can outdoors. I want them to be the bushiest plants with the best yields and the highest THC levels. I hope to get serious in the marijuana business not just because I love smoking it, but also because I hope to grow marijuana for medical use to help others. If you can give me some tips on what soil I should use, what nutrients I should put in the water, or anything special I can do to help grow more and bigger buds with higher THC, I would appreciate it.

Dear Conner,

It's easy to get a decent harvest of outdoor buds as long as you take certain factors into account. The most important aspects are the amount of direct sunlight your plants receive, the genetics of the plants you choose to grow, and the care

with which you harvest, dry and cure your finished buds. So be sure to find a good space to put your plants, choose great seeds or clones of known origin, and put an emphasis on your processing techniques once your plants are ripe.

Native soil is different everywhere, and the levels of fertility and drainage vary greatly from place to place. Your best bet is to send some soil samples to a lab for testing so you'll know exactly what you need to do to make it better. I believe in no-till gardening, which means you continue to place composted material on top of your soil without ever having to dig it up. Some growers recommend digging up the soil the first time you plant in it, and this is dependent on how rich your soil is in the first place.

As for water, plants in good soil and full sun will need a lot of it. Use plain water often, but also plan for feedings with a nutrient solution. I prefer organic formulations and always advise using less than the manufacturer's recommended amount unless you've detected

a deficiency. Drip systems work quite effectively on outdoor plants, delivering a near-constant supply of water without overdoing it and reducing the amount of water lost to evaporation and overflow.

SUBJECT: **Phenotypes**

FROM **Mayhem**

🌱 I'm trying to figure out how I was able to grow two totally different strains from the same batch of seeds. One is *indica*, the other *sativa*. These plants are all second-generation from a plant I grew last year that produced about 50 seeds total. Of the 50 seeds, I planted 25, and I now have 15 mature plants, 10 of which are *indica*-looking and five more like *sativas*. The *indicas* are at what I call the "sweet stage" and ready to harvest, while the *sativas* need at least another two weeks of growing.

One plant produced all the seeds I have growing at this point, but I most definitely have two entirely different strains developing from those seeds in terms of

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OHHHH YEEAH!

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size, smell and growth rate. The size difference is also curious, as my *indica*-looking strains are all about 5 to 6 feet tall and bushy, and all the *sativa*-looking plants are 8 to 10 feet tall. My main question is: How did I get two entirely different strains growing from seeds I removed myself from a bud off a plant that I also grew from a seed to full maturity so as to get second-generation seeds?

Dear Mayhem,
What you're experiencing is the genetic diversity of cannabis. When a female plant encounters male pollen, the seeds it produces take on some of the traits from the male and some from the female. Furthermore, there can be traits that skip a generation and get passed down from the "grandparents." The variety expressed in the offspring are known as phenotypes, and this is why you've experienced two different "strains" popping from the same seeds.

Phenotypes are visible traits, such as the *indica*- or *sativa*-dominant behavior that your plants are expressing. Marijuana breeders choose the most desirable traits and try to breed them into successive generations, but after the first or second cross, this variety will continue to exist in the offspring. This is a simple way to explain a complex phenomenon, but you should really read up on plant breeding to truly understand phenotypes, genotypes and what they mean for cannabis growers.

SUBJECT: **Lighting for Auto-Flowering Plants**
FROM: **Tom M.**

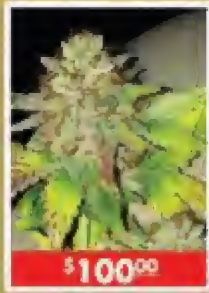
High! I'm a lifelong subscriber and reader of *High Times*, so great job, guys and girls! Here's my question: Recently, I was blessed with acquiring some White Widow auto-flowering seeds. I've been a longtime cultivator but have never had an opportunity to grow any auto-flowering strains. I am very excited to see these beautiful ladies mature; they are very short, stocky, bushy plants, only 10 inches tall at the moment. I've got them under 24 hours of light at this time, and my thinking is that being under 24 hours of light will make them produce the largest yield—but given my inexperience with auto-flowering strains, I don't know if this is even possible. So is it a good idea to keep an auto-flowering strain under 24 hours of light, or do they still need periods of darkness to stimulate the flowering cycle? If so, what would you suggest as a dark period for these types of strains?



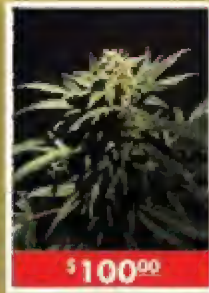
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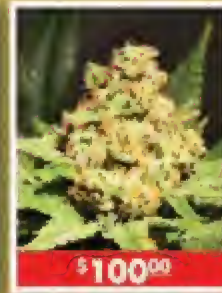
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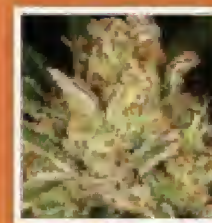
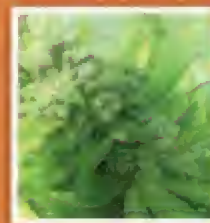


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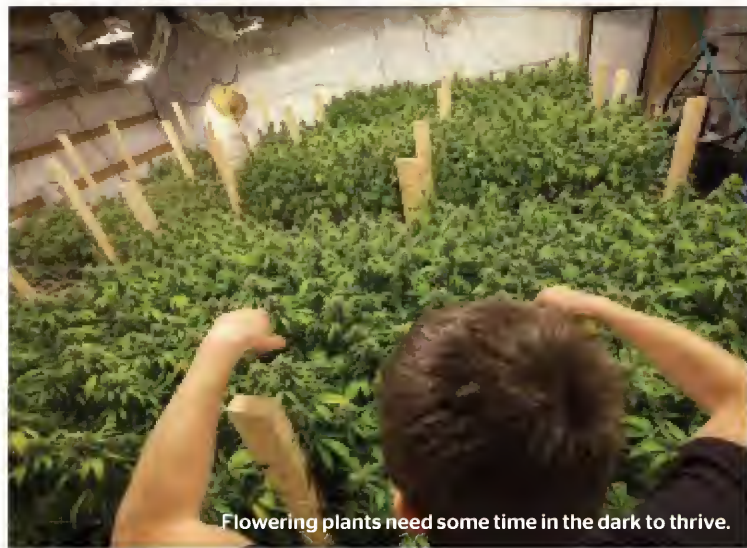
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Danko Tip: Charcoal filtration slows down exhaust airflow, so choose the cfm (cubic feet per minute) rating of your inline fan accordingly.

Dear Tom,

I don't recommend using a 24-hour light regimen for auto-flowering plants (or any cannabis plants, for that matter). Plants need at least a few hours of darkness to process the light and water they take in during the daylight hours, because this is when they actually grow. I recommend an 18-hour-on/6-hour-off lighting schedule if heat and electrical costs are an issue, and 20 hours on/4 hours off if those costs aren't a problem. Either way, don't change the lighting schedule once you've decided on one.



Flowering plants need some time in the dark to thrive.

SUBJECT: **Grow Box**

FROM **Kelly Leak**

Let's say I have the room, budget and desire for a grow box. I own my home and have no kids, guests or visitors. I consume about an ounce of tomatoes myself every four weeks. I'd love to grow some excellent tomatoes for myself and maybe a little extra. If I'm going to do this, I'm only going first-class: I have the time and patience, and I want to eat the best tomatoes that can be grown. To keep from having a spike in power use, I'm very interested in LEDs. Doing my homework and researching the grow box is just as interesting to me as anything else. I'm pretty sure that a CO₂ system, a cloning chamber and a good odor-filtration system are items that I just can't do without. Looking forward to taking your advice on tomato growing to heart and start shopping!

Dear Kelly,

Love the name—I'm a big fan of the original *Bad News Bears*. Anyway, as far as grow boxes go, there's quite a variety of options. The top-of-the-line units from BC Northern Lights are exceptional in every way, but that excellence is also reflected in their price. Some of the machines are \$3,000 to \$5,000 and boast such innovations as touch-screen technology, CO₂-injection equipment and the industry's finest materials in their construction.

There are certainly cheaper grow boxes out there, but since you mentioned going first-class, I had to start with the best. Ideally, any grow box you choose should pay for itself within the first harvest or so. Your requirements of 3 to 4 ounces every three months wouldn't be hard to achieve with almost any size box, but since you mentioned a cloning chamber, I recommend the Bloom Box from BC Northern Lights. It has everything you're looking for, and their customer service is impeccable: You can call them at any time with questions or concerns and get an answer from a qualified professional. ✨

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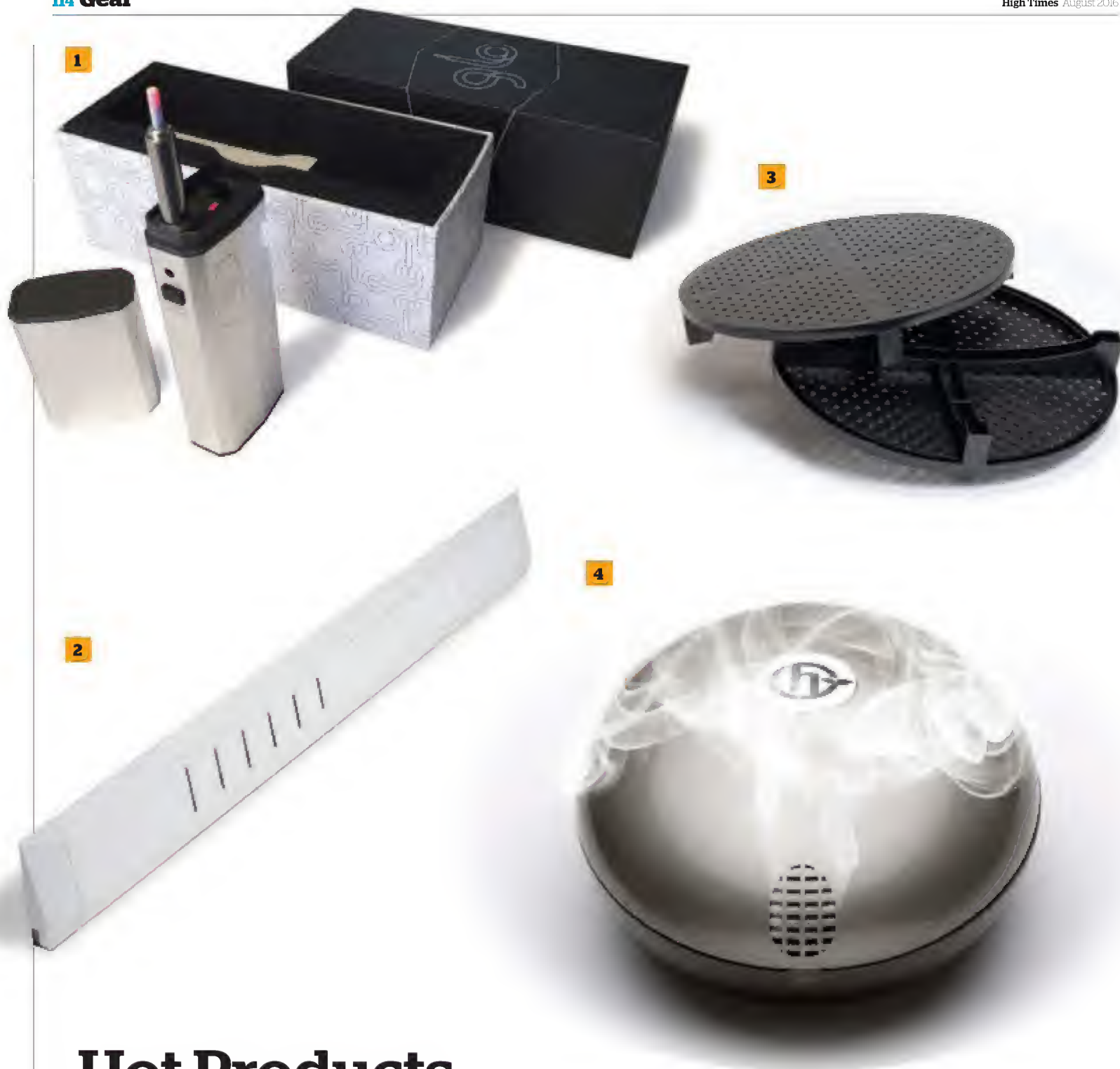
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2 Door Jam

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The last thing you want to do as a cannabis grower is bring problems into your grow space from outside. The Door Filter is an ingenious device that eliminates contaminants, pests, dust and telltale odors from the air passing under your door. It attaches to the bottom of your doorframe, and the removable multi-stage filter keeps everything free of pesky particulates.

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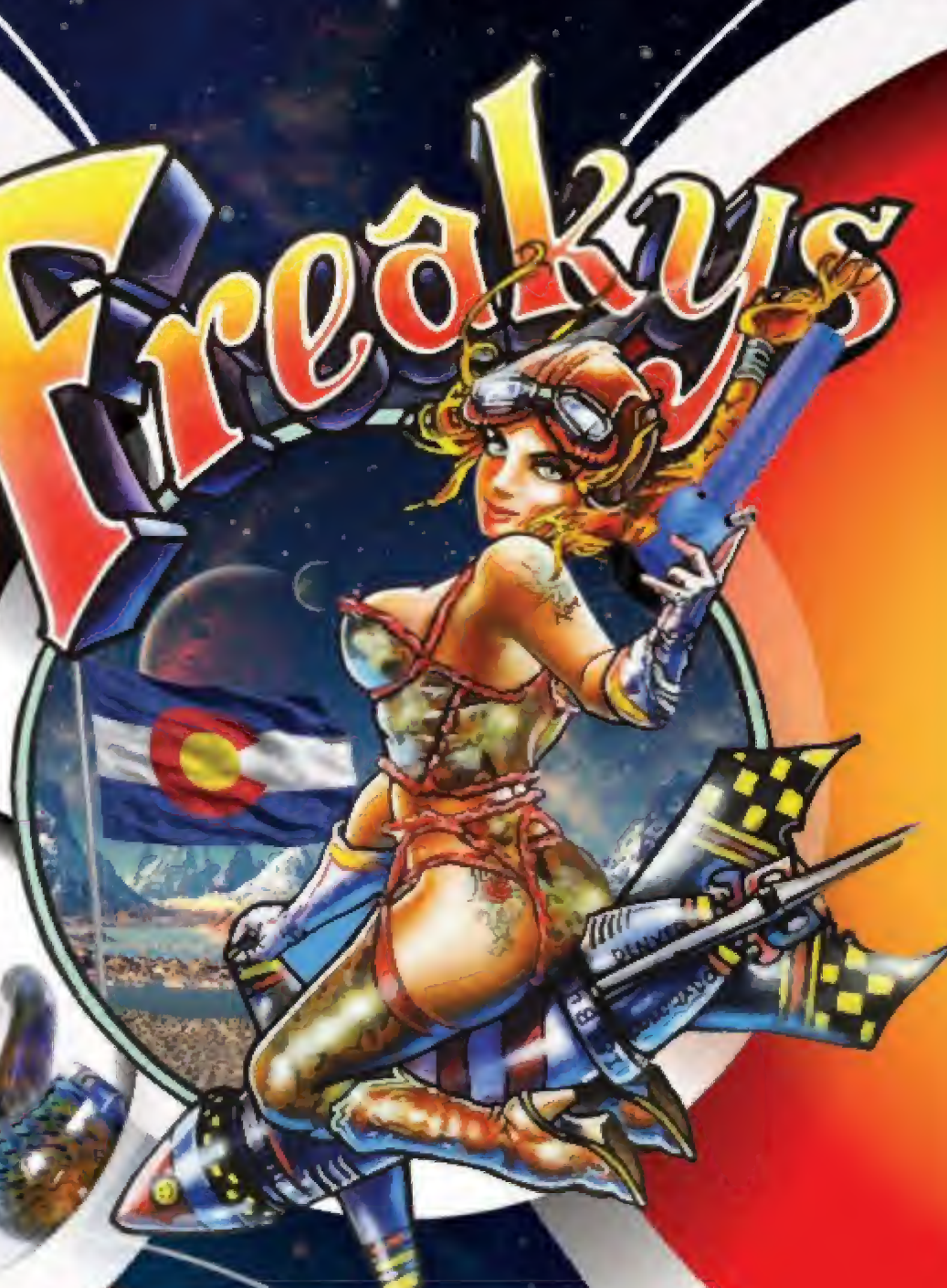
4 Herbal Vapor

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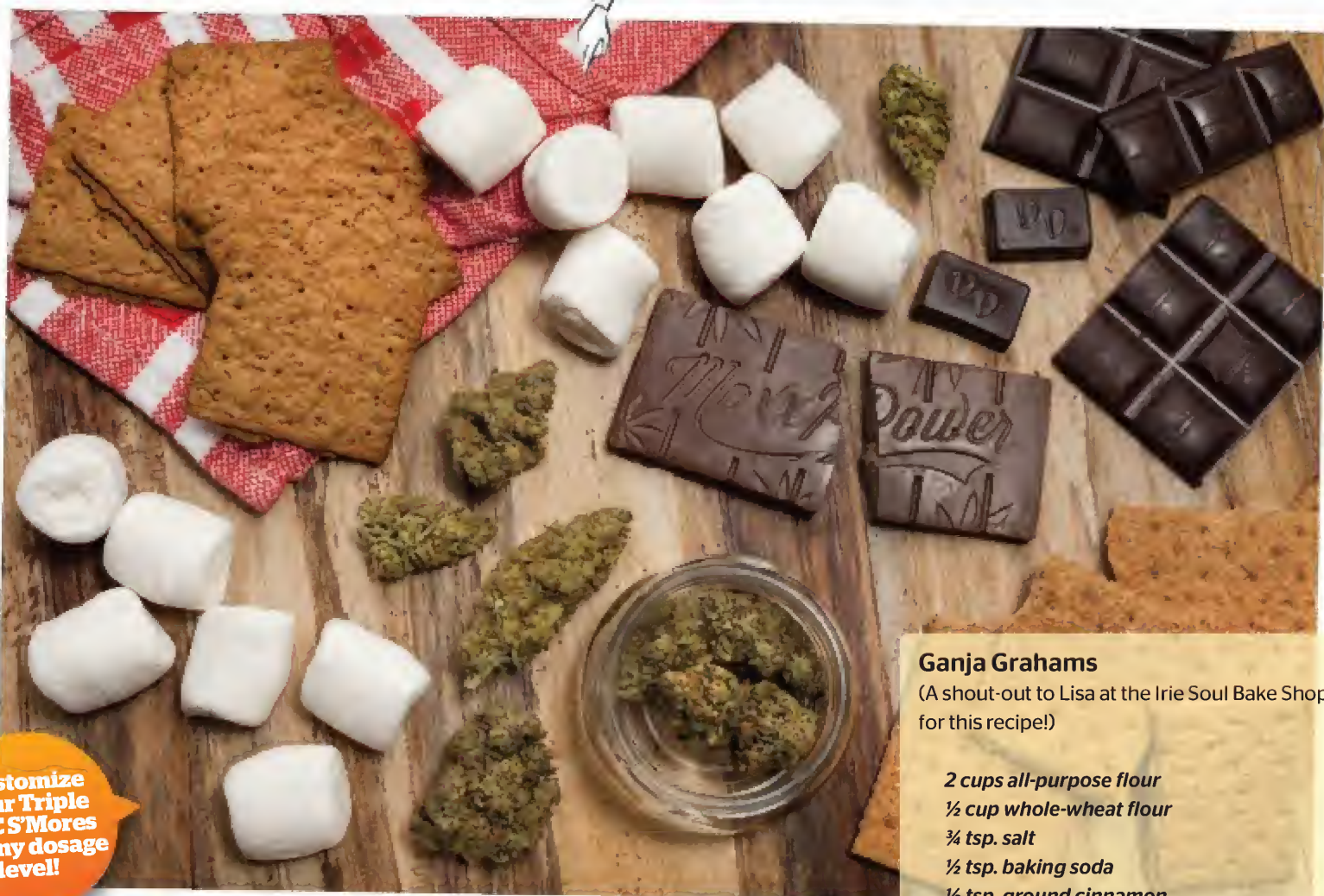


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Ganja Grahams

(A shout-out to Lisa at the Irie Soul Bake Shop for this recipe!)

2 cups all-purpose flour
 ½ cup whole-wheat flour
 ¾ tsp. salt
 ½ tsp. baking soda
 ½ tsp. ground cinnamon
 8 oz. cannabutter
 ¼ cup packed brown sugar
 ¼ cup cane sugar
 ¼ cup raw honey

Triple-THC S'Mores

Get decadent this summer with a sandwich of ganja graham crackers, marijuana marshmallows and cannabis chocolate. *By Elise McDonough*

Perfect around a campfire or torched by a dabber's flame, these triple-THC S'Mores are guaranteed to get you ridiculously wrecked. Only heavyweight edibles eaters with a high tolerance should attempt to consume a S'Mores where all three components are infused with THC—but happily, this is one treat where it's easy for friends to choose a different dose.

Assemble your Triple-THC S'Mores with ganja graham crackers, a marijuana-infused marshmallow (such as a Mellow or Kushy Pillow), and a square of cannabis chocolate from Bhang or Kiva Confections. Using reliably dosed products from a local dispensary makes it easy for partygoers to opt in or out and to choose their own adventure. Keeping standard versions of all the essential ingredients on hand allows your lightweight friend to pick regular ol' Honey Grahams and Hershey's, but get a little freaky with a low-dose marshmallow. The stoner S'Mores experience is endlessly customizable, since you can choose more or less pot chocolate to tickle your fancy.

If you live in a prohibition state, don't despair; we'll have recipes for DIY pot chocolate and THC-infused marshmallows at hightimes.com so you can create this marijuana masterpiece at home.

In a bowl, sift together all of the dry ingredients. Next, with your blender's paddle attachment, combine the cannabutter, brown sugar, cane sugar and honey. Mix on medium speed until light and fluffy. Now add the dry ingredients in two batches, letting the first batch fully incorporate before you add the remainder. Wrap your dough in plastic wrap and chill for one hour to two days.

When the dough is ready, preheat the oven to 350°F. Line two baking sheets with parchment paper. Unwrap the chilled dough and, on a lightly floured surface, roll out to about an eighth of an inch thick. Cut into rectangle shapes and place the cookies onto a cookie sheet. Use a fork to make holes in cookies, then refrigerate for 10 minutes.

Bake for 15 to 20 minutes, rotating the baking sheets once at the halfway point. Cool the graham crackers on a wire rack.

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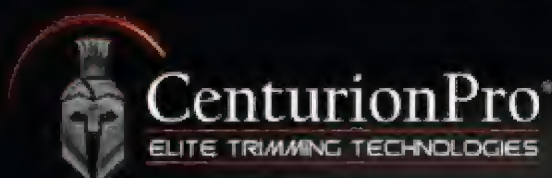
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Wake n' bake before eating the healthy breakfast of cannabis champions.

By Elise McDonough

Lifted Granola Bites

From Cannabis Cup winners Lifted Edibles, these omega-rich bites are raw, vegan and gluten-free. Made with crispy rice, chewy oats, flax, cashews, pumpkin and sunflower seeds, almond meal, vanilla, cranberries and coconut sugar, with a dose of 100 mg. of THC from solventless hash.

liftededibles.com



Holy Granoly!

From Golden Goddess Botanicals, an up-and-coming artisanal producer, this wholesome granola is made with organic oats toasted in coconut oil with nuts, hemp seeds, dried fruits, honey and ginger. It's delicious with yogurt and fruit, or take it on a hike for whenever you need a healthy snack. Gluten-free and lightly sweetened with honey, each 3.5-oz. bag contains 50 mg. of THC. [@goldengoddessbotanicals on Instagram](https://www.instagram.com/goldengoddessbotanicals)



Julie's Natural Fresh Granola

Colorado's go-to source for nutritious edibles, Julie's Natural granola starts with gluten-free oats tossed with a variety of dried fruits and savory nuts. Infused with clarified strain-specific cannabutter, this granola is free of refined sugar. Recreational granola comes in packets with a 10-mg. serving of THC, while medical patients can access a larger portion with 200 mg. juliesnaturaledibles.com



Pura Vida First Love Granola

Specializing in superfoods, Pura Vida's granola is a harmonious mix of anti-inflammatory cinnamon, hearty coconut, whole-grain oats, cranberries and sunflower seeds. Satisfying any time of the day, this wholesome mixture is organic, vegan and gluten-free. Each 3-oz. portion contains 250 mg. of THC. puravidahealth.org



Flour Child Granola

This boutique edibles producer in San Francisco sources ingredients from local family farmers for their line of THC-infused jams and granolas. Solventless extracts infuse their edibles with earthy flavors and good vibes. Their granola features Knoll Farm dried figs, flax seeds, sesame seeds and a sativa-blend Lemon Diesel ice-water hash. Available in 8-oz. jars with 120 mg. of THC. flourchild.org



They Put Pot in What Now?!

420 Fortune Cookies

Reveal your destiny with a trip on these THC-infused fortune cookies.



Each one of these "Medicated Fortune Cookies with the Wisdom of the Streets" comes with a counterculture quote inside. My fortune contained a favorite quote from George Carlin for a nice touch!

This is a really fun, inventive idea that arrives in a Chinese-food take-out container complete with a red-eyed panda logo. The package claims 150 mg of THC total, or 75 mg. per cookie. While it definitely has a cannabis flavor, it's a great way to follow a homemade stir-fry or noodle dish any day of the week! hashhaus.co

Flavor of the Month

Sprig THC Soda

Replace your standard soda with a cannabis-enhanced version.

Available with either 10 or 45 mg. of THC, this soda makes an enticing substitute for alcoholic beverages. The first scientifically made cannabis beverage in California, Sprig promotes a responsible, light-use social message for new and experienced cannabis consumers alike. With a refreshing flavor much like mainstream Sprite, this citrus-flavored soda is sweet and uplifting, with noticeable effects in less than 30 minutes. It comes with 20 grams of sugar per can, so be sure to take it easy and consume that dangerous drug in moderation.

drinksprig.com





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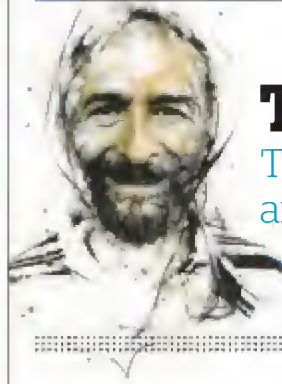


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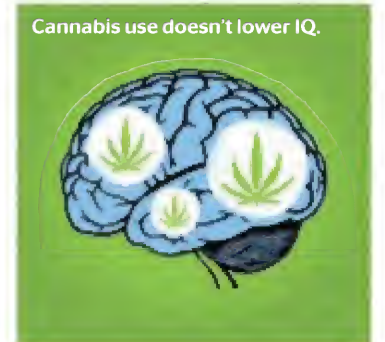
Got a question for Dr. Mitch? Email him at 420research@gmail.com.

First I hear that medical marijuana laws don't increase teen use, then I hear they do, then I hear they don't again. So which is it?

Sheriff JB

Howdy Sheriff, The correct answer is: They don't. The study suggesting that medical cannabis laws increase teen use never factored in an important piece of data: Teen use was already higher in the states that passed medical marijuana laws. In other words, with the proper statistical controls in place, no effect was seen.

state went from 78 out of 10,000 in 2012 to 163 out of 10,000 in 2014. But before we all freak out, that's a jump from 0.0078 to 0.0163 percent. Yes, the number of ER visits has doubled, and everyone traveling to Colorado should start low and go slow—but passing a law prohibiting cheerleading would likely have a greater impact on ER visits. In other words, don't let this alarmist nonsense undo all of Colorado's progress.



Is cannabidiol an antidepressant?
Bobby McFeeling

Hi Bobby, Animal research suggests that CBD works in some of the same ways that some antidepressants work, but we're years away from human experiments. However, depression responds remarkably well to psychotherapy alone, while antidepressant medications are less effective in the absence of therapy. Good therapists are available through abct.org; just click the "Find a CBT Therapist" link for competent help.

Can you tell me the latest on cannabis and IQ?
Gene Ingenium

Yo Gene, New data on sets of twins in which only one used marijuana show that the toking twin did *not* consistently score lower on IQ tests. Also, some of the IQ differences that did appear showed up prior to use, making the argument that they were caused by cannabis even weaker. I still don't think teens should use cannabis, but those given to panicking about its alleged effects on IQ need to mellow out. 🌿

What's up with all the cannabis tourists ending up in Colorado's emergency rooms?
Ann Atomy

Hello Ann, The number of cannabis-related ER visits in Colorado by folks from outside the

Dr. Mitch Earleywine is a professor of psychology at SUNY Albany and the author of Understanding Marijuana and The Parents' Guide to Marijuana.

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Rosin Technique 2.0

The rosin world moves fast these days, so it's time to see what's new in the field of squishing. *By Craig Coffey*

A LOT HAS HAPPENED since we discussed the rosin technique in this column about a year ago. The craft of making rosin hash is moving away from the use of hair straighteners and parchment paper to more specialized tools. So if you bought a lot of Conair stock looking to cash in on the rosin wave, well, now's the time to call your broker and sell.

Here are a few new items that can help you make better, more efficient rosin-tech dabs.

the good stuff out of your nugs. This kind of press is available for about \$500.

Large: If you're thinking of quitting your day job to squish buds

for a living, then this is the press for you. They usually come with hot plates in the 20" x 20" range and use some sort of hydraulic-pressure system. You can produce a ton of material in a very short time with equipment like this. These presses run about \$5,000.

The craft of making rosin hash is moving away from the use of hair straighteners and parchment paper.



Hydraulic presses are changing the game.

"Teabag" Filters

Another very useful item on the market these days are specially designed "teabags" to use as filters. Basically, you put your weed into the teabag (available in various sizes) and press it between two sheets of parchment paper in your rosin press. The bag allows the rosin to pass through but holds the plant material back. Using these teabags makes for a cleaner end product and an easier job pressing.

Heat-Resistant Gloves

No one likes to get burns, and these gloves are clutch if you're a little clumsy. We'd recommend that anyone with a medium-size press or larger always operate it with the proper safety gear. Remember, it's pretty hard to roll a joint when you only have three fingers. ✨

Rosin Presses

A host of rosin presses have hit the market these days, in various sizes and prices.

Small: These compact hash presses look like waffle irons, and they're great for the beginner or the home rosin-maker. Two hot plates with a hinge—just put the weed in and press; it doesn't get much easier than that. These small presses run about \$300.

Medium: For those who take their dab-making seriously or are trying to start a career in rosin tech—or maybe just dab a shit-ton—these medium-size presses are the next logical step. They typically have a 5-by-5-inch hot plate and boast either a mechanical press or a lever system to help you really squeeze

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The Schedule I Mess

It's time to remove cannabis from the federal government's list of forbidden substances.

Allen St. Pierre is executive director of NORML. Visit norml.org.

UNDER THE US Controlled Substances Act of 1970, the cannabis plant and its organic cannabinoids are classified as Schedule I—the most restrictive category available under the law. As summarized by the DEA: “Schedule I drugs are the most dangerous drugs of all the drug schedules, with potentially severe psychological or physical dependence.”

Substances in this category must meet three specific criteria for inclusion: They must possess “a high potential for abuse”; have “no currently accepted medical use” in the US; and lack “accepted safety for use... under medical supervision.” Substances that don’t meet all of these criteria must, by law, be placed in the CSA’s less restrictive categories (Schedules II through V) and are regulated for legal use accordingly. (For example, Schedule II substances like morphine and methadone are available by prescription.) Alcohol and tobacco—two substances that pose far greater dangers to human health than cannabis—aren’t subject to restrictions under the CSA at all.

Federal law grants the US attorney general power to reschedule (i.e., reclassify) a controlled substance. In practice, however, this power has been delegated to the DEA, with input from both the Food and Drug Administration and the Department of Health and Human Services. Federal law

also allows third parties to petition these agencies to consider rescheduling a particular controlled substance.

These days, public, scientific and, most importantly, *political* pressure is mounting to finally reschedule cannabis. Like no other president before him, Barack Obama has changed the prohibition dynamic by issuing numerous executive-branch memos allowing greater autonomy for

Federal law grants the US attorney general power to reschedule (i.e., reclassify) a controlled substance.

states that have medical and recreational laws on their books.

While NORML began the entire rescheduling debate back in 1972 by launching its seminal 22-year lawsuit, *NORML vs. the DEA*, today the organization has been joined by numerous others seeking relief from cannabis’s prohibitive Schedule I status. A few years ago, a half-dozen governors petitioned the White House to reclassify the drug to allow for the greater integration of cannabis commerce in mainstream society.

Some of rescheduling’s biggest proponents these days are banks and credit-card companies, which are prohibited from

doing business with people involved in cannabis commerce. They’ve been joined by some large pharmaceutical interests and bio-research firms, which are hampered by cannabis’s highly restricted status under the CSA.

Would-be hemp producers claim that low-THC cannabis plants produce sufficiently high enough amounts of cannabidiol to create a valuable source for high-CBD medical products. They’re seeking rescheduling, too. Even anti-pot groups like Project SAM acknowledge that the DEA’s classification of cannabis is without scientific merit.

However, the fear exists that the agency may decide to do nothing and instead let the next president deal with the dilemma. Or it could simply seek to reschedule CBD, while keeping all other cannabis products in Schedule I.

NORML supports any rescheduling of cannabis to a less restrictive category under the Controlled Substances Act. However, public opinion, science, commerce and common sense now squarely dictate that a minor rescheduling (say to Schedule II, which would still place cannabis on a par with cocaine and amphetamine) is insufficient. Ideally, cannabis—which is far less dangerous than unscheduled drugs like tobacco and alcohol—should not be included in the CSA at all. 🌿

FREEDOM FIGHTER

A Cannabis Careerist

Carlos Hermida brightens the legalization scene in the Sunshine State.

He graduated from the University of South Florida with bachelor degrees in religious studies, philosophy and business management. Then he continued his education at Nova Southeastern University, earning a master’s degree in business administration with a concentration in entrepreneurship.

So what did Carlos Hermida

do with all these sterling credentials? Since marijuana is his passion, he pursued a career in the cannabis industry. But first he decided to educate himself further: He enrolled at Oaksterdam University in California for extensive training in cultivation and then moved on to the Nirvana Wellness Center in San Jose, which gave him the chance to learn more about medical marijuana by working closely with patients as a budtender.



Two years ago, he returned to Florida and became a senior instructor for Medical Marijuana Tampa, a cannabis-education institute. He currently teaches cultivation at the Florida Cannabis Coalition.

Carlos is also the director of operations for the Gluu, a software platform that facilitates distribution for dispensaries, cultivation operations and smoke shops. He has also joined forces with Christopher Cano

to form Central Florida NORML, which has become a recognized leader in the legalization movement, ensuring that Sunshine Staters are educated about the benefits of cannabis through efforts like its weekly podcast, *The Rotation*.

“If you can get legislative changes and voter initiatives approved in a good-ol’-boy, Republican-supermajority, Southern state like Florida,” Carlos points out, “you can do it anywhere. But nothing is going to change unless *you* get involved, too!”

By Kevin Mahmalji, NORML national outreach coordinator

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Barrett Slome of CannaSutra believes in a modern revolution.



Barrett stands tall in a NorCal garden.

How did you get into the cannabis industry?

At the end of 2008, I partnered with the largest indoor medical marijuana grower in the state. He was unhappy with the relationship he had with the facility at the time. So we started some farms and some warehouses in Northern California and I realized—wow, I'd better have some patients to justify this cannabis. I got into the retail side of things first, with a delivery

business, which I called Weed for Free where I delivered top quality indoor marijuana for \$35 an eighth. That was a price point that hadn't reached the market yet. What I learned very quickly was there were a lot of patients who needed this product, but the market price at the time made it prohibitive for people trying to get off pain meds and using alternatives. No insurance would honor this. So many

patients were already paying, but they were not working. They didn't have a lot of disposable income, so there was no easy way for them to wean themselves off narcotic medication.

But you're now the director of a dispensary.

That's right—CannaSutra in Studio City. At the end of the day what makes us special is our attention to detail. Back

in 2009, I saw 10, 12, 14, 16 cultivators a day. I was incredibly picky. I wouldn't buy product unless the ash burned white and the formation was correct. Here we are in 2016 and so many companies' cannabis does not burn white. You have to take the time to make sure that their cannabis has been flushed properly. If you don't, it totally destroys the taste of the cannabis, and taste and smell are very much linked with

how the body feels. That's why terpenes are so important. Aromatherapy is not a make-believe idea. Smells put you in certain moods.

CannaSutra is our retail business. Then we have YDK Genetics, which is our cultivation arm. We also run Loralax Labs, which does hydrocarbon extraction and purification. Then we have a business that we're tentatively calling Terp Sap, which is our CO₂ extraction business.

Sounds like you're covering all bases.

Yep. And we have a joint venture with Echo Pharmaceuticals in the Netherlands to bring their patented formulations to the over-the-counter market in the US. We're calling that business Noids RX.

What's the toughest thing about running a cannabusiness?

It's been incredibly difficult to do business in California. It would be difficult anywhere without banking and other types of services. We haven't been able to

expand like businesses in Colorado and Washington and other more highly regulated states have been able to. However, more recently we've begun to expand given the new medical cannabis regulations in California and pending recreational. So we've really put a lot of resources behind expanding these different businesses.

I'm bringing in industrial-scale, industrial quality equipment, with guys in the cannabis industry who've been operating this equipment for years. They're serving the industry with the cutting-edge capability to give people the cleanest, tastiest medicine possible.

What's your approach to the cannabis plant itself?

I see a revolution. I'm fortunate to be highly educated with a level of awareness that a lot of people don't have the chance to have. I've studied theology and philosophy and law. It's allowed me to see the structural inefficiencies in our political system, in our social structure and in our financial system. I live in a world that I don't want to live in. I don't want it to be like this.

I know I can do something right now. There are so many people between the ages of 18 and 27 who are unemployed with no purpose in their lives.

They want a purpose; they're good kids. They want to do give back and help the world. Cannabis is a way to help them get involved in changing the political and social structure of the country.

And, of course college costs a fortune.

We're making a mistake. We think education is business. It is, but it also needs to be highly regulated because education is the foundation of our society. The purpose of education is to have an well-informed electorate so that when they make decisions those are decisions are educated, not based on feelings and ideology. ●



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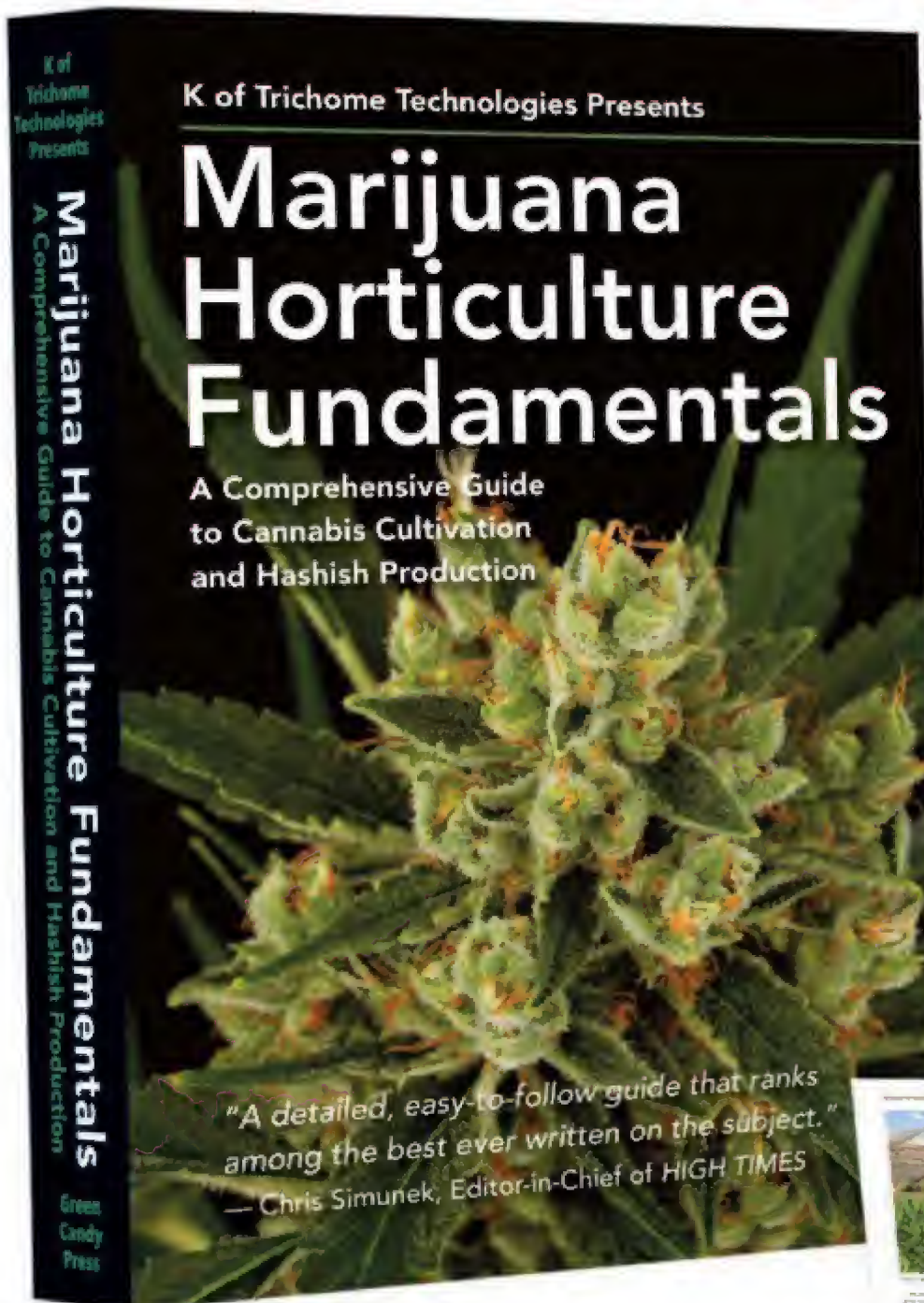
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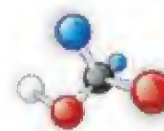
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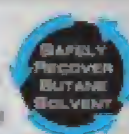


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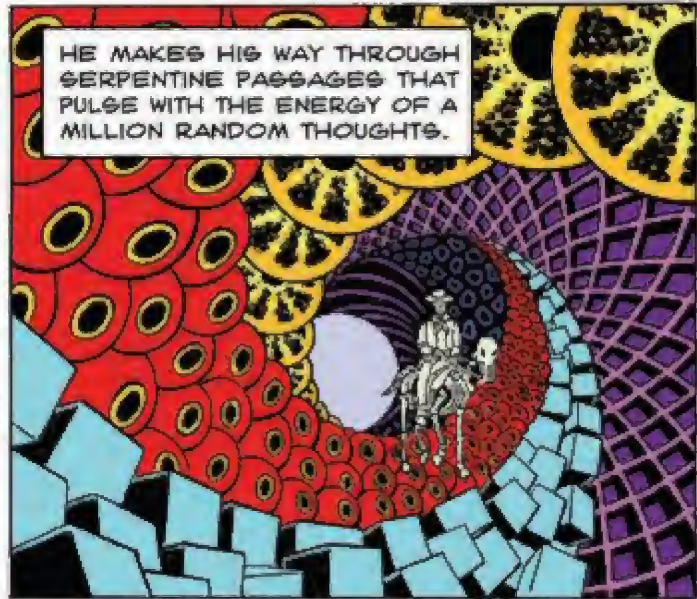
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A SWIRLING PATH OF SWEET SMOKE TAKES DOPE RIDER TO SKULL PEAK, HIGH IN THE STONY MOUNTAINS.

THE JOURNEY OF A THOUSAND MILES BEGINS WITH THE FIRST TOKE.

ART & STORY BY PAUL KIRCHNER

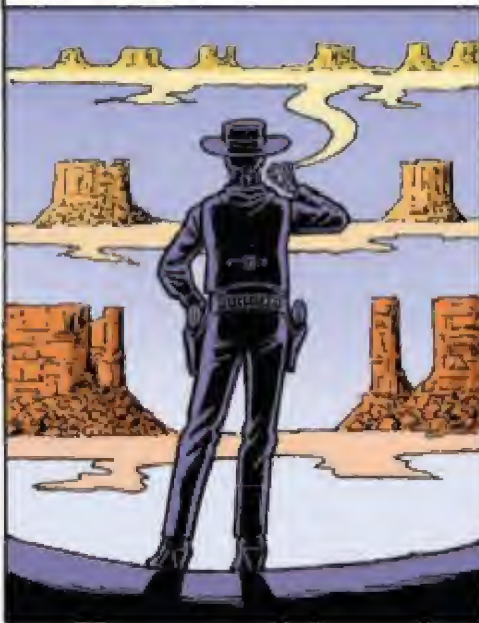


HE MAKES HIS WAY THROUGH SERPENTINE PASSAGES THAT PULSE WITH THE ENERGY OF A MILLION RANDOM THOUGHTS.

HE PASSES THROUGH A CHAMBER THAT STORES ARTIFACTS OF THE PAST AND FUTURE.



AT LAST HE STANDS IN THE EYE OF THE SKULL AND GAZES OUT AT THE MAGNIFICENT WASTELAND BENEATH HIM.



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YOU GREENED OUT?

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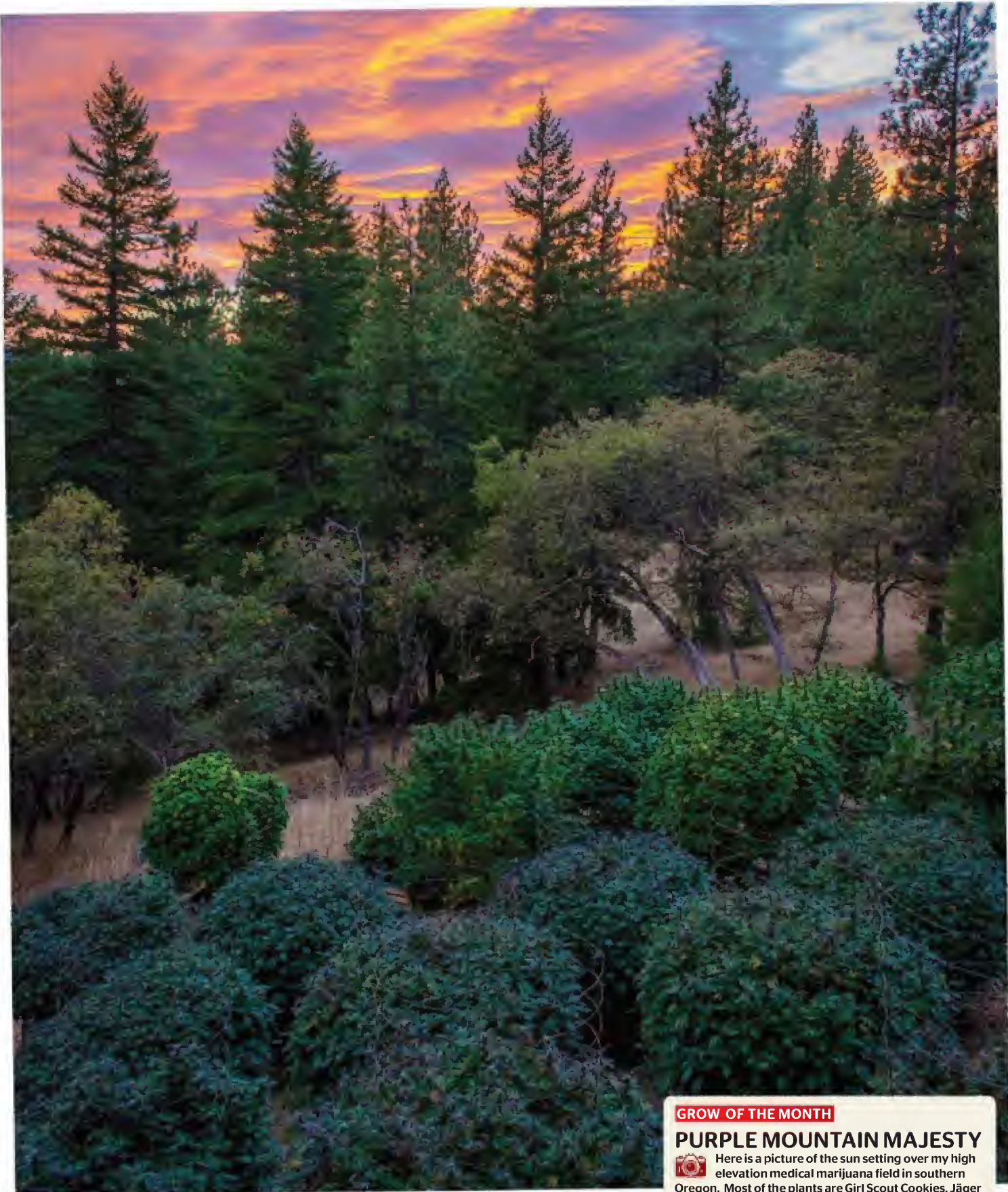
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GROW OF THE MONTH

PURPLE MOUNTAIN MAJESTY

 Here is a picture of the sun setting over my high elevation medical marijuana field in southern Oregon. Most of the plants are Girl Scout Cookies, Jäger and Sour OG Kush. All organic and top shelf! *Shane S.*

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FLOWER OF THE MONTH


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NUGS OF THE MONTH

BUDS TURNING VIOLET, VIOLET

 Check out this Super Power Purp. *Rainbow Pride*



COLA OF THE MONTH

TOP GEAR

 I'd like to see my photos in the magazine. This is one of my tops filling out quite nicely. *Richard V.*

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Trip out on new research!

► Super-Psychedelics sue!

The parallels between pot and psychedelics are intriguing. We know all about medical marijuana, but is there such a thing as “medical psychedelics”? We delve into the latest research and examine their potential for harm reduction. Plus we check out the growing trend of “microdosing” as well as the societies popping up all over the world that are dedicated to the inner voyage.

► Grow Gear of the Year

Upgrade your garden now! The *High Times* Cultivation Department reports on the latest and greatest grow gear in 2016, from high-powered lighting systems and hydroponic equipment to the best soil and pest-control products.

► Canadian Colossus

What is Tweed? Only the largest producer of medical marijuana in Canada. Editor-in-chief Dan Skye visits this surging cannabis company and reports on its massive facility in a former chocolate factory.

► Cannabis-Plant Regeneration

In an excerpt from his new book, JB Haze provides the inside scoop on reviving harvested plants in order to reap a second yield. Save time and money by regenerating your pot plants with this unique technique.

► The High Times Interview: Peaches

She's the flamboyant Canadian singer known for her sexually explicit lyrics and her penchant for pushing the limits of gender identity. *HT* contributor Amanda Duarte talks weed, women and song with the über-influential musician and performance artist.

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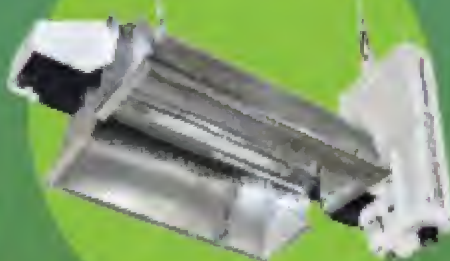


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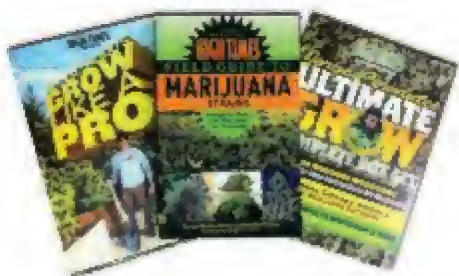
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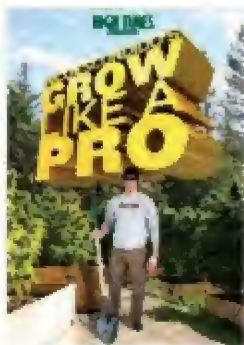
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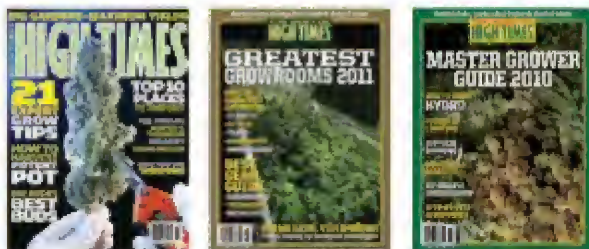
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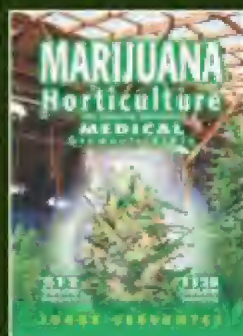


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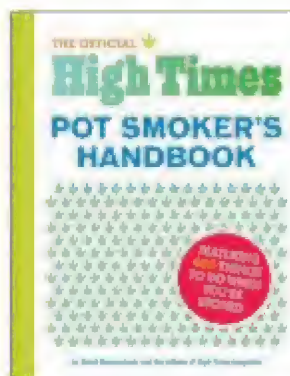
High Times Books



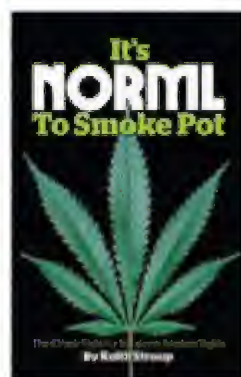
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This handbook rolls up all of our collected wisdom into one indispensable ganja guide. With a life-changing list of 420 things to do when you're stoned, this is truly the ultimate guide to green living. **\$19.95**



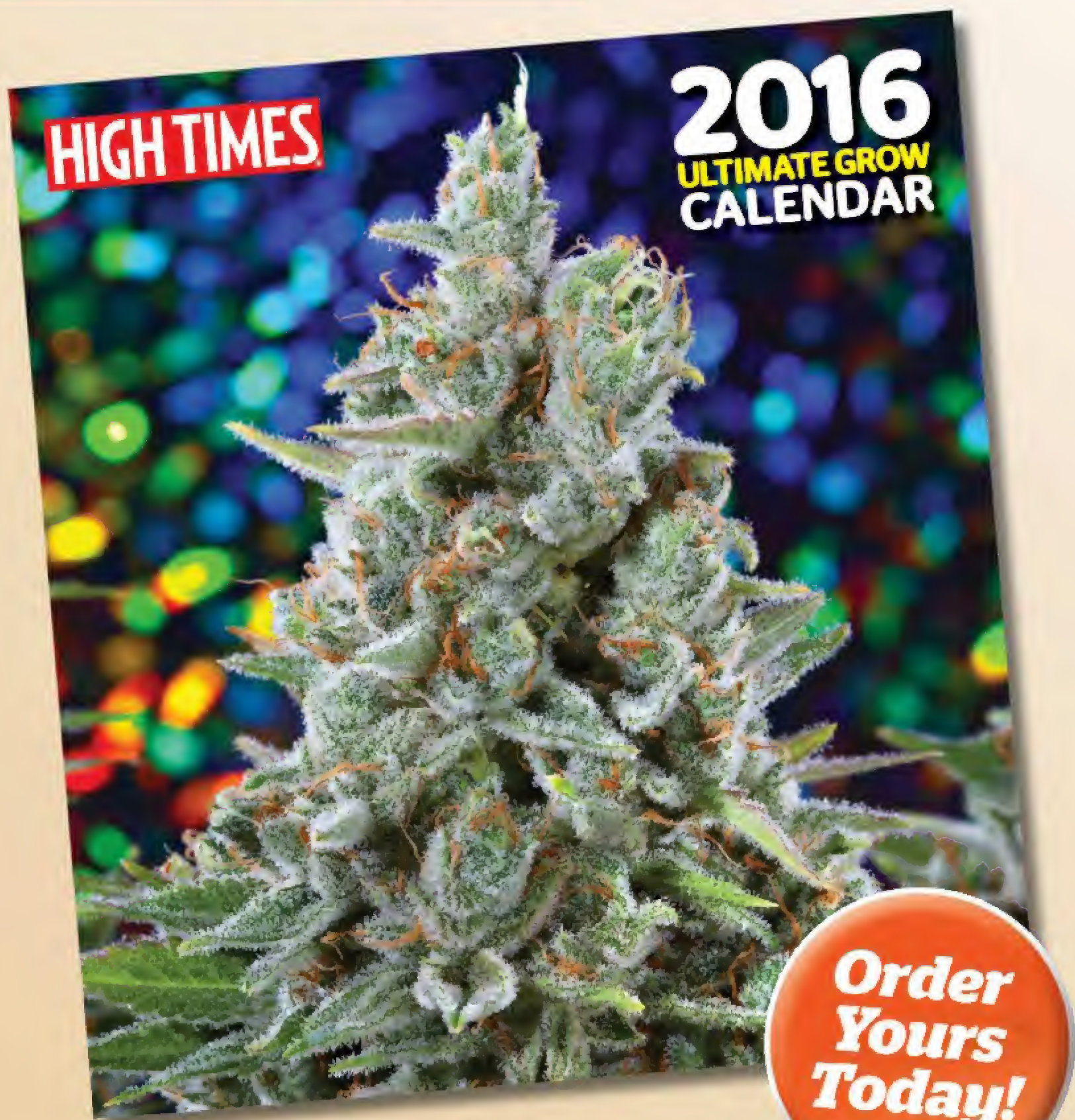
It's NORML To Smoke Pot: The 40-Year Fight For Marijuana Smokers' Rights
By Keith Stroup
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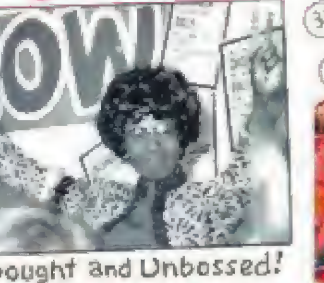
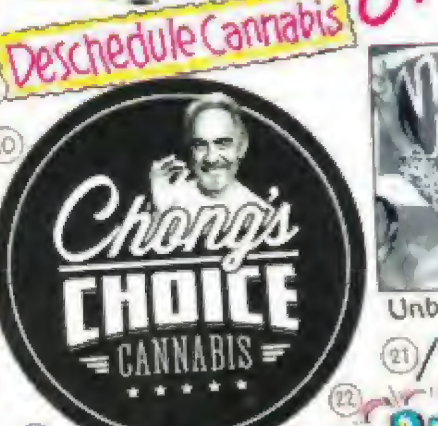
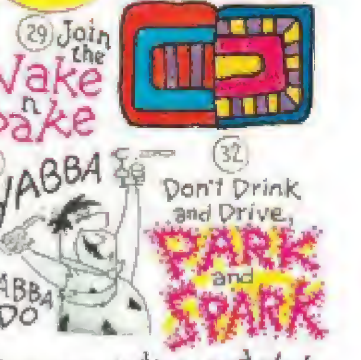
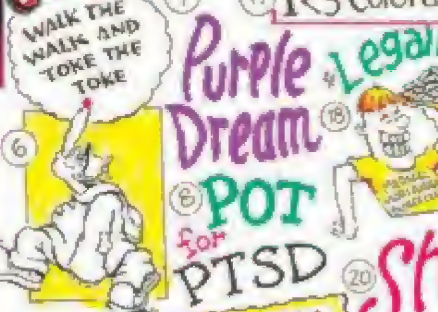
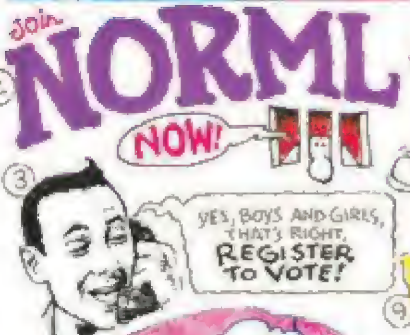
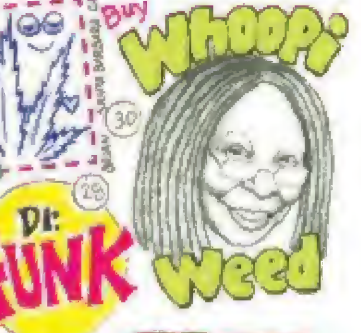
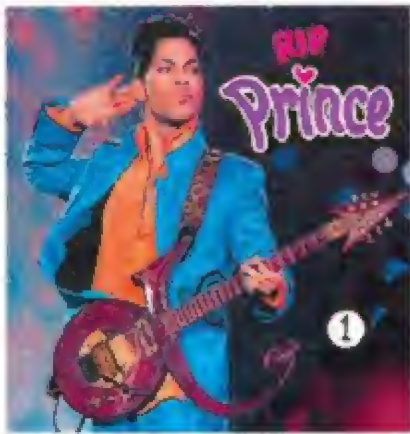
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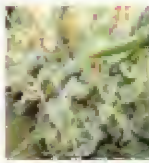
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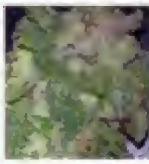
SATIVA-INDICA \$150

Col Kurtz Kush



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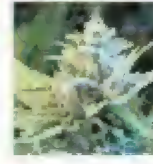
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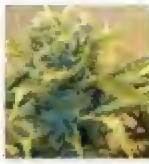
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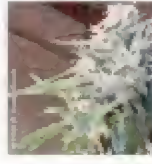
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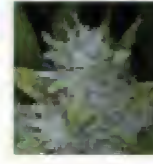
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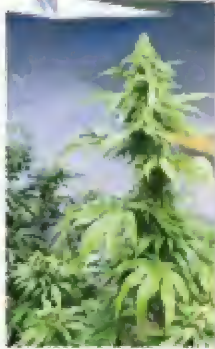
Diesel X Tuna



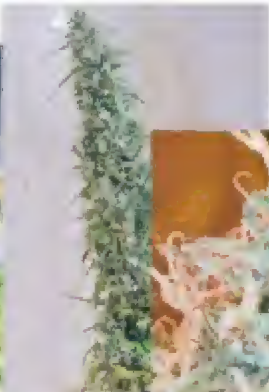
High CBD \$125

Pineapple Express +CBD

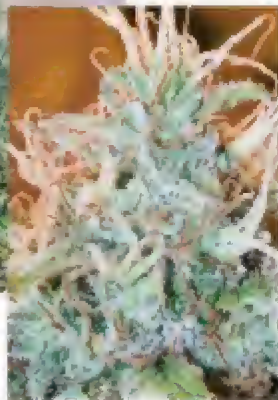
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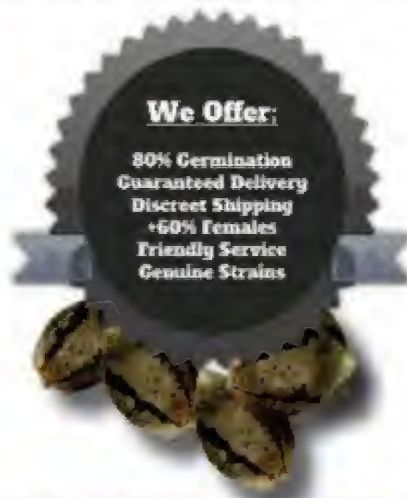
G13 AlphaDawg



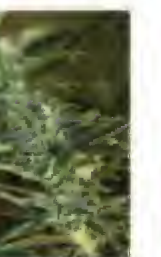
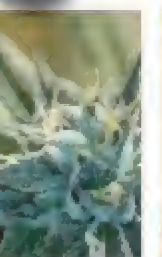
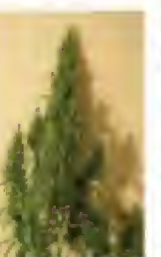
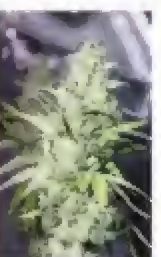
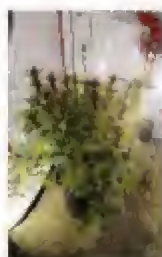
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Maple Kush \$ 70.
Moosejaw Madness \$ 70.
Blackberry Kush \$ 70.
Kings Ransom \$ 70.
Zen Hash Plant \$ 100.
Love Potion (Next Gen) \$ 75.

Big Bud x Cinderella 99 \$ 80.
Afpak x Skunk \$ 80.
Regular Afpak \$ 80.
Bubba Rock Kush \$ 80.
Bubble Gum Indica \$ 80.
Pollkat - Autoflowering \$ 80.
Bubba x Skunk \$ 80.
King x Nevils Haze 21 \$ 225.

Sour Diesel x Skunk \$ 90.
Kodiak \$100.

Harlequin \$125.
Charlottes Web \$150.
Harmony \$60.
Pig OG \$100.
Bubba Rock \$100.
Grand Daddy Purple \$100.
Cherry Bomb x Skunk \$100.
Golden Temple Kush \$100.
Mowie Gold x Skunk \$100.
Thai x Skunk \$100.
Tuna Kush \$100.

G13 Chem Dog \$100.
Rockstar x Diesel \$100.
Afpak x Diesel \$100.
Pink OG \$100.

Moosejaw Madness x Diesel \$100.
Monster Chronic x Mk \$100.
Bubba Kush x Diesel \$100.
Bubba Rockstar x OG \$100.
Alpha Dog \$100.
Willie Nelson x Diesel \$100.
Zen HP X Diesel \$100.
O. Haze x Diesel \$100.
Purple Diesel \$100.
Deadhead Kush winner 2013 Kush Cup .. \$100.
Cinderella 99 \$ 125.
Black Willie \$ 125.

NH21 x Early MM \$ 150.
Harmony x Thai \$ 150.
Malawi Gold x Thai \$ 150.
King \$ 150.
Early Purple Kush \$ 150.
Mullumbimby Madness x Neville's Haze 21 ... \$ 225.
Neville's Haze 21 x Oaxacan \$ 225.
MM x Neville's Haze 21 \$ 225.
Neville's Haze 23 x SK MM \$ 225.
Neville's Haze x Early MM \$ 225.
Taz-Thai x Haze 21 \$ 225



Triple Crown Specimen



Original Haze



Tuna Kush Budder



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